

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 FITNESS FIRST 11:00 FOOD AND DINING FORUM 2:00 CROSSWORD PUZZLE 2:30 KNIT AND STITCH 3:00 ICE CREAM SOCIAL 3:00 BILLIARDS GROUP 3:30 HANDCIME CHOIR	2 9:30 BUS TO LADNER 2:00 SCRABBLE 2:00 BUS TO CASCADES CASINO 3:00 CHAIR EXERCISES	3 10:00 COFFEE GROUP 10:00 FITNESS FIRST 2:15 TEAM TRIVIA 3:30 HAPPY HOUR WITH " PETER TAM " 7:00 MOVIE NIGHT " YELLOW ROSE "	4 10:30 ROSARY PRAYERS 2:30 ACTIVE GAMES - GOLF
5 2:15 MOVIE ENCORE (CC) 2:30 GUY FAWKES TRIVIA 2:30 CRIBBAGE	6 10:00 FITNESS FIRST 11:00 ELLIE VISITS 2:00 BUS TO TSAWWASSEN 2:00 SCRABBLE 2:00 BINGO	7 9:30 MASS FROM HOLY ROSARY 10:00 CHAIR YOGA 10:45 MUSIC IN THE MORNING 2:00 BRIDGE 2:00 SCENIC DRIVE 3:30 SOCIAL HOUR WITH JOHN 6:45 EVENING BINGO	8 10:00 WALKING GROUP 2:30 KNIT AND STITCH 2:30 JAZZAGIRLS SING 3:00 BILLIARDS GROUP 3:30 HANDCHIME CHOIR 3:45 CHRISTMAS FAIR MTG.	9 9:30 BUS TO LADNER 2:00 SCRABBLE 2:00 SACRED HEART KIDS 3:30 CHAIR EXERCISES	10 10:00 COFFEE GROUP 10:00 FITNESS FIRST 2:15 TEAM TRIVIA 3:30 HAPPY HOUR WITH " LIZ AND STEVE " 7:00 MOVIE NIGHT " MR HOCKEY "	11 REMEMBRANCE DAY 10:30 REMEMBRANCE DAY FROM OTTAWA 3:30 CATHOLIC COMMUNION
12 2:15 MOVIE ENCORE (CC) 2:30 CRIBBAGE	13 10:00 FITNESS FIRST 11:00 ELLIE VISITS 2:00 SCRABBLE 2:00 BUS TO TSAWWASSEN 2:00 BINGO	14 9:30 MASS FROM HOLY ROS. 10:00 CHAIR YOGA 10:45 MUSIC IN THE MORNING 2:00 BRIDGE 2:00 SCENIC DRIVE 6:45 WORD GAMES	15 10:00 WALKING GROUP 2:00 CROSSWORD PUZZLE 2:30 KNIT AND STITCH 3:00 BILLIARDS GROUP 3:00 FAMOUS PLACES QUIZ	16 9:30 BUS TO LADNER 2:00 SCRABBLE 2:00 HELPING HANDS AND CHRISTMAS PREP 2:50 CLOTHES FROM AROUND THE WORLD BIRTHDAY TEA	17 10:00 COFFEE GROUP 10:00 FITNESS FIRST 2:15 TEAM TRIVIA 3:30 HAPPY HOUR WITH " ALEX WHITTAKER " 7:00 MOVIE NIGHT "THE SUN IS ALSO A STAR "	18 10:30 ROSARY PRAYERS 2:30 ACTIVE GAMES - GOLF
19 2:00 FAMOUS MEN TRIVIA 2:15 MOVIE ENCORE (CC) 2:30 CRIBBAGE 3:00 GREY CUP GAME	20 10:00 FITNESS FIRST 11:00 ELLIE VISITS 2:00 SCRABBLE 2:00 BUS TO TSAWWASSEN 2:00 BINGO	21 9:30 MASS FROM HOLY ROSARY 10:00 CHAIR YOGA 10:45 MUSIC IN THE MORNING 2:00 BRIDGE 2:00 SCENIC DRIVE 3:30 SOCIAL HOUR WITH GREG 6:45 WORD GAMES	22 10:00 WALKING GROUP 2:00 CROSSWORD PUZZLE 2:30 KNIT AND STITCH 3:00 YOU BE THE JUDGE 3:00 BILLIARDS GROUP 3:30 HANDCHIME CHOIR	23 9:30 BUS TO LADNER 2:00 SCRABBLE 2:00 SACRED HEART KIDS 3:00 RESIDENT FORUM 3:45 HELPING HANDS AND CHRISTMAS PREP	24 10:00 COFFEE GROUP 10:00 FITNESS FIRST 2:15 TEAM TRIVIA 3:30 HAPPY HOUR WITH " MICHELLE CARLISLE " 7:00 MOVIE NIGHT " THE IMPORTANCE BEING EARNEST "	25 2:00 GNOME FOR THE HOLIDAYS 3:00 HYMN SING
26 2:00 WHO SAID THAT? 2:15 MOVIE ENCORE (CC) 2:30 CRIBBAGE	27 10:00 FITNESS FIRST 11:00 ELLIE VISITS 2:00 SCRABBLE 2:00 BUS TO TSAWWASSEN 2:00 BINGO	28 9:30 MASS FROM HOLY ROSARY 10:00 CHAIR YOGA 10:45 MUSIC IN THE MORNING 2:00 SCENIC DRIVE 6:45 AFTER DINNER TRIVIA	29 10:00 WALKING GROUP 2:00 CROSSWORD PUZZLE 2:30 KNIT AND STITCH 3:00 YOU BE THE JUDGE 3:00 BILLIARDS GROUP 3:30 HANDCHIME CHOIR 3:45 CHRISTMAS FAIR MTG.	30 9:30 BUS TO LADNER 11:00 ALTAVIDA FASHIONS 2:00 SCRABBLE 2:00 HELPING HANDS 3:45 CHAIR EXERCISES		

NOVEMBER 2023

Birthday & Welcome Tea

Thursday November 16th @ 2:50 pm

In the Dining Room



Irene Robinson November 16th

Paul McNamara November 22nd

Elisa Cabral November 25th

Martha Geier November 29th



A Very Warm Welcome to New Residents



There can be no dedication to Canadas future without a knowledge of its past.

John Diefenbaker.

