

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



3 WEST November 2024

SPIRIT ANIMAL: THE RAVEN

ANIMAL: THE ROOSTER

COLOUR: GOLDEN YELLOW

STONE: CITRINE & TOPAZ

FLOWER: CHRYSANTHEMUM

ZODIAC: SCORPIO- NOV 1- 22

ZODIAC: SAGITTARIUS- NOV 23-30

8:30 SPECIAL BREAKFAST 1
 10:15- NOODLE SOCCER
 10:45- CALENDARS 1-1
 11:15- AMBULATION/R.O.M


1:15- TUCK CART 1-1
2:00- MEGA BINGO
 2:00- AFTERNOON MATINEE
 3:15- AMBULATION/ PHYSIO

9:30 To 11:30 2
COMEDY- I LOVE LUCY SHOW

1:30 To 3:30
MOVIE- THE SOUND OF MUSIC

9:30 To 11:30 3
HYMN CONCERT IN LOUNGE

1:30 To 3:30
MOVIE- CASABLANCA



9:30- FITNESS CLASS 4
 10:30- CHURCH SERVICE
 10:45- NOV DISPLAY CASE
 11:15- AMBULATION/R.O.M

1:30- WORD GAME NOVEMBER
 2:30- BEAUTY TIME
 3:00- CAFÉ SOCIAL 1-1
 3:45- AMBULATION/ PHYSIO

9:30- CHAIN LINK GAME 5
 10:15- MORNING MATINEE
 10:45- TWIST & TURN 1-1
 11:15- AMBULATION/R.O.M

1:30- BOWLING
 2:30- JOKES & RIDDLES
 3:00- SPA VISITS 1-1
 3:45- AMBULATION/ BIKE

9:30- FITNESS CLASS 6
 10:15- BONANZA SHOW
 10:45- BIBLE STUDY 1-1
 11:15- AMBULATION/R.O.M

1:15- TRAVELLING GAME 1-1
 2:00- AFTERNOON MATINEE
2:30- MUSIC w BILL
 3:30- AMBULATION/ PHYSIO

9:30- JUMBLE COUNTRIES 7
 10:15- COMEDY SHOW
 10:45- FUN & FITNESS 1-1
 11:15- AMBULATION/R.O.M

1:30- HORSE DERBY
 2:30- LAUGH & GIGGLES
 3:00- AROMA/ MASSAGE 1-1
 3:30- AMBULATION/ PHYSIO

9:30 To 11:30 8
COMEDY- MRS BROWN BOYS

1:30 To 3:30
MOVIE- FLY AWAY HOME



9:30- FITNESS CLASS 9
 10:15- CATHOLIC COMM.
 10:45- SNOOZELYN ROOM
 11:15- AMBULATION/R.O.M

1:30- MAKING APPLE SAUCE
2:00 APPLE SOCIAL & TRIVIA
2:30- TASTE TEST
 3:30- AMBULATION/ PHYSIO

9:30- HOUR OF POWER 10
 10:00- ARTS & CRAFT POPPY
 10:45- HYMN & STORIES 1-1
 11:15- AMBULATION/R.O.M

1:30- BOARD GAME MONOPOLY
 1:30- AFTERNOON MOVIE
 2:45- TWIST & TURN 1-1
 3:30- AMBULATION/ PHYSIO

8:00- FRIENDLY VISIT 1-1 11
 9:30- FITNESS CLASS
 10:15- COMEDY SHOW
 10:45- SNOOZELYN ROOM
 11:15- AMBULATION/CHATS

1:30- WORD GAMES VETERANS
 2:30- BEAUTY TIME
 3:00- AFTERNOON MATINEE

9:30 To 11:30 12
COMEDY- HONEYMOONERS

1:30 To 3:30
MOVIE- JERSEY BOYS



9:30- FITNESS CLASS 13
 10:15- ANDY GRIFFTH SHOW
 10:45- SNOOZELYN ROOM
11:30- CUPE SOUP TRUCK
 1:15- TRAVELLING GAME 1-1
 2:00- AFTERNOON MATINEE
2:30- BIRTHDAY w ROBERT
 4:00- AMBULATION/ PHYSIO

9:30- JUMBLE AUTUMN 14
 10:15- COMEDY SHOW
 10:45- R.O.M EXERCISES 1-1
 11:15- AMBULATION/R.O.M

1:30- HORSE DERBY
 2:30- TRAVEL CART
 3:00- AROMA/ MASSAGE 1-1
 3:30- AMBULATION/ PHYSIO

8:30 SPECIAL BREAKFAST 15
 10:15- NOODLE SOCCER
 10:45- POPPY STORIES 1-1
 11:15- AMBULATION/R.O.M

1:15- TUCK CART 1-1
2:00- MEGA BINGO
 2:00- AFTERNOON MATINEE
 3:15- AMBULATION/ PHYSIO

9:30- FITNESS CLASS 16
 10:15- CATHOLIC COMM.
 10:45- HOROSCOPES 1-1
 11:15- AMBULATION/CHATS

1:30- BAKING COOKIES
 2:00- SOCIAL & TRIVIA
 2:30- TASTE TEST COOKIES
 3:30- AMBULATION/ PHYSIO

9:30 To 11:30 17
HYMN CONCERT IN LOUNGE

1:30 To 3:30
MOVIE- THE SECRET GARDEN



9:30 To 11:30 18
COMEDY- CAROL BURNETT

1:00 - COLOR GAME
 2:00 - WORD GAME
 2:30- PONG TOSS
 3:00- AMBULATION/ PHYSIO
 6:15 MOVIE TIME WITH POPCORN


9:30 To 11:30 19
COMEDY- BOB NEWHART

1:30 To 3:30
MOVIE- THE WIZARD OF OZ




9:30 To 11:30 20
COMEDY- BONANZA

1:30 To 3:30
MOVIE- A LEAGUE OF THEIR OWN



10:00- U.C.M. BUS TRIP 21
 10:00- MORNING MATINEE

3:00- FRIENDLY VISITS 1-1
 4:00- CHATS/AMBULATION



9:30 To 11:30 22
COMEDY- GILLIGAN'S ISLAND

1:00 - HORSE DERBY
 2:00 - TRIVIA
 2:30-COLOR GAME
 3:00- AMBULATION/ PHYSIO
 6:15 1-1 VISITS

9:30- FITNESS CLASS 23
 10:15- CATHOLIC COMM.
 10:45- SNOOZELYN ROOM
 11:15- AMBULATION/R.O.M

1:30- BOWLING
 2:00- ANDRE RIEU CONCERT
 2:30- TUCK CART 1-1
 3:30- AMBULATION/ BIKE

9:30- HOUR OF POWER 24
 10:45- HYMN & STORIES 1-1
 11:15- AMBULATION/R.O.M
12:00- SWISS CHALET LUNCH

2:00- YOUNG AT HEART -ART
 2:00- AFTERNOON MOVIE
 3:15- TWIST & TURN 1-1
 3:45- AMBULATION/ PHYSIO

9:30- FITNESS CLASS 25
 10:30- CHURCH SERVICE
 10:45- SNOOZELYN ROOM
 11:15- AMBULATION/R.O.M

1:30- WORD GAME CAMPFIRE
 2:30- BEAUTY TIME
 3:00- CAFÉ SOCIAL 1-1
 3:45- AMBULATION/ PHYSIO

9:30 To 11:30 26
COMEDY- ANDY GRIFFTH

1:30 To 3:30
MOVIE- THE GREATEST SHOWMAN



9:30- FITNESS CLASS 27
 10:15- I LOVE LUCY SHOW
 10:45- SNOOZELYN ROOM
 11:15- AMBULATION/CHATS

1:30- NAME THE CHIP TASTING
2:00- CHIP SOCIAL & TRIVIA
2:30- TASTE TEST "POT CHIP"
 3:30- AMBULATION/ PHYSIO

9:30- JUMBLE HOUSEHOLD 28
 10:15- COMEDY SHOW
 10:45- R.O.M EXERCISES 1-1
 11:15- AMBULATION/R.O.M

1:15- AROMA/ MASSAGE 1-1
 2:00- AFTERNOON MATINEE
2:30- MUSIC w ROSANNE
 4:00- AMBULATION/ PHYSIO

8:30 SPECIAL BREAKFAST 29
 10:15- NOODLE SOCCER
 10:45- WOODSY STORIES 1-1
 11:15- AMBULATION/R.O.M

1:15- TUCK CART 1-1
2:00- MEGA BINGO
 2:00- AFTERNOON MATINEE
 3:15- AMBULATION/ PHYSIO

9:30 To 11:30 30
COMEDY- I LOVE LUCY SHOW

1:30 To 3:30
MOVIE- SWEET NOVEMBER



LIFE ENRICHMENT 3 WEST: STEVE & KAI (Eve)

NOV 1- DIWALI

NOV 3- DAY LIGHT SAVING'S END

NOV 11- REMEMBRANCE DAY

