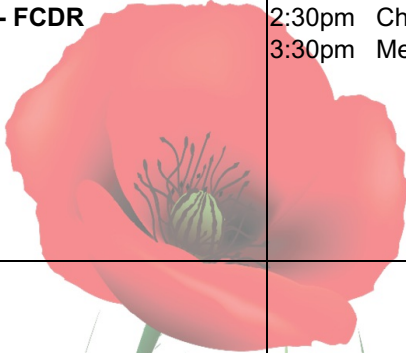


Programs & locations are subject to change.

Sunday	Monday	Tuesday		Wednesday	Thursday	Friday	Saturday
							1 10:00am Faith & Film - Chapel 11:00am Calendar Handout - MLRR 2:30pm Community Movie - MLDR 6:00pm Relax and Refresh (Spa Night) - MLAR
2 11:30am Colouring - MLAR 3:00pm Church Service - VPDR 3:30pm One to One - MLRR 6:00pm News Paper Discussion Group - MLAR Daylight Savings Time: Fall Back	3 11:30am Sing-a-long - MLAR 2:30pm Card Games - MLDR 3:30pm Yoga - MLAR 6:00pm Word Games - MLL	4 10:00am Pump it Up - MLL 11:30am Reminiscing - MLL 3:30pm Short Stories - MLAR 6:00pm Rhymes - MLL		5 10:00am Chair Exercises - MLAR 11:00am Travelogue - MLAR 2:30pm Bingo - FCDR	6 10:00am One to One - MLRR 11:00am Colouring - MLAR 2:30pm Music - MLL 3:30pm Exercise - MLAR	7 11:00am Faith and Friends with Chaplain Megan-MLDR 11:30am Family Feud - MLDR 2:30pm Balloon Tennis - MLAR 3:30pm Card Games - MLDR 6:00pm Drama Club - MLDR	8 10:00am Manicures - MLRR 2:30pm Specialty Coffee Time - MLDR 
9 10:00am Colouring - MLAR 3:00pm Church Service - VPDR 	10 10:00am Name That Tune - MLL 11:30am Board Games - MLDR 2:30pm Charades - MLDR 3:30pm Ring Toss - MLAR	11 Remembrance Day 10:00am Pump it Up - MLL 10:45am Remembrance Day Service-VPDR 2:30pm Manicures - MLRR 6:00pm Bring it or Leave it? - MLAR		12 10:00am News & Views - MLAR 10:15am Travelling RC Communion - TC 11:00am One to One - MLRR 2:30pm Bingo - FCDR	13 10:00am Basketball - MLAR 11:00am Jeopardy - MLL 2:30pm Entertainment with Bob MacLean - FCDR	14 2:30pm A-Z Game - MLAR 3:30pm Songs of Remembrance Group with Chelsea - MLL 3:30pm One to One - MLRR 6:15pm Casino Night-Market Lane	15 11:30am Puzzles - MLDR 2:30pm Community Movie - MLDR 6:00pm Card making - MLAR
16 10:00am Active Game - MLAR 11:00am Meditation - MLAR 2:30pm Board Games - MLDR	17 11:30am Word Games - MLL 2:30pm Christmas Carol Sing-a-long - MLAR 3:00pm Church Service-VPDR 3:30pm One to One - MLRR 6:00pm Cheetah Documentary - MLL	18 10:00am Pump it Up - MLL 11:00am Outdoor Visits - MLL 2:30pm Card Games - MLDR 6:00pm Trivia - MLAR		19 10:00am Sing-a-long - MLAR 11:00am Guess the Word - MLL 2:30pm Bingo - FCDR 	20 10:00am Colouring - MLAR 10:30am For the Spirit with Chaplain Jen (Book club to follow) - FCEL 2:30pm Hot Chocolate Social and Stories - MLAR 6:00pm Tai Chi Chair Exercise - MLAR	21 11:00am Creative Faith with Chaplain Megan-MLDR 11:00am Christmas Choir Practice with Chelsea - CHAP 3:30pm Arts & Crafts - MLAR 6:00pm Word Games - MLL	22 10:00am Faith & Film - Chapel 10:00am Word Ladder - MLL 11:00am Music - MLL 2:30pm Specialty Coffee Time - MLDR
23 10:00am News & Views - MLAR 11:00am Manicures - MLRR 3:00pm Church Service - VPDR	24 10:00am Darts - MLAR 11:00am Memorial Service-RGDR 11:00am One to One - MLRR 2:00pm Baking - MLDR 2:00pm Outing - Benjamin Christmas Tree Farm 3:30pm Card Games - MLDR	25 10:00am Hymn Sing with live pianist - RGDR 10:00am Pump it Up - MLL 11:30am Word Association - MLL 2:00pm Pottery Class with Chaplain Jen (Sign up-required) 3:30pm Basketball - MLAR 6:00pm Blue Whale Documentary - MLL		26 10:30am Catholic Mass - CHAP 2:30pm Bingo - FCDR 	27 11:00am Word Games - MLL 2:30pm Christmas Stories - MLAR 3:30pm Meditation - MLAR	28 11:00am Christmas Choir Practice with Chelsea - CHAP 11:30am Music - MLL 2:30pm November Birthday Party with Kevin Coates-FCDR 3:30pm Music Therapy Group with Chelsea - MLL 6:00pm Finish the Phrase - MLL	29 10:00am Faith & Film - Chapel 6:00pm Relax and Refresh (Spa Night) - MLAR Christmas Bazaar 11-3 
30 11:30am Colouring - MLAR 3:00pm Church Service - VPDR 6:00pm Puzzles - MLDR							

CHAP - Chapel
MLRR - Resident Room for 1-1 scoring

FCDR - Frederick Community Dining Room
TC - Travelling Carts

MLAR - Market Lane Activity Room

MLDR - Market Lane Dining Room

MLL - Market Lane Lounge