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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1 9:00 Flu Shot Form Fill Out – bring Healthcare # &amp; List of Medications</b> <b>1:30 Painting Poppies</b> 4:00 Relax Colouring 7:00 Bingo	<b>2 9:00 Flu Shot Clinic All Day – Pneumonia Shots Available Also</b> Open to Staff, Family Members and Caregivers – bring Care Card & List of Meds	<b>3 10:00 Mental Aerobics</b> <b>11:30 Lunch at Espresso Café</b> 1:30 Noodle Hockey 2:30 Happy Hour 7:00 Journal My Bio	<b>4</b> 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo
<b>5 10:15 Sandbag Toss</b> 1:00 Communion 1:30 Mental Aerobics 2:30 Church	<b>6 9:45 Undecorate Halloween</b> 2:00 Video Memories 4:00 Sing Along with Mitch Miller	<b>7 Massage</b> 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:00 Readings 4:00 Mental Aerobics	<b>8 9:00 Neighbourhood Walk</b> <b>10:00 Painting Poppies - 2</b> 4:00 Relax Colouring 7:00 Bingo	<b>9 10:15 Exercise</b> 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi	<b>10 10:15 Mental Aerobics</b> 10:30 Communion <b>2:00 Remembrance Day Ceremony</b> 3:00 Happy Hour	<b>11</b> 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo
<b>12 10:15 Sandbag Toss</b> 1:30 Mental Aerobics 2:30 Church	<b>13 9:45 Walmart – Whiterock</b> 2:30 Video Memories 3:45 Point / Counterpoint <b>3:30 Resonate with Joy</b>	<b>14 Massage</b> 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:00 Readings 4:00 Mental Aerobics	<b>15 9:00 Absolute Hearing</b> <b>2:30 Birthday Party with Barry Powel</b> 7:00 Bingo	<b>16 10:15 Exercise</b> 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi	<b>17 8:30 Bus Trip – Scenic Drive Sea to Sky Highway</b> 1:30 Noodle Hockey 2:30 Happy Hour	<b>18</b> 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo
<b>19 10:15 Sandbag Toss</b> 1:00 Communion 1:30 Mental Aerobics 2:30 Church	<b>20 10:45 Lunch at the Golden Panda</b> 2:00 Video Memories 3:30 Point / Counterpoint 4:00 What Year Was This?...	<b>21 Massage</b> 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:00 Readings 4:00 Mental Aerobics	<b>22 10:00 Health Corner with Brigita</b> <b>1:30 2:45 Coffee Klatch</b> 3:45 Relax Colouring 7:00 Bingo	<b>23 10:15 Exercise</b> 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi	<b>24 1:30 Noodle Hockey</b> <b>2:30 Happy Hour with Carl</b> 4:00 Journaling My Bio	<b>25</b> 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo
<b>26 10:15 Sandbag Toss</b> 1:00 Communion 1:30 Mental Aerobics 2:30 Church	<b>27 10:00 Bowling at Scottsdale Lanes</b> 2:00 Video Memories <b>3:30 Resonate with Joy</b> 3:30 Point / Counterpoint 4:00 Indoor Horseshoe Toss	<b>28 Massage</b> 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:00 Readings	<b>29 9:45 Start Christmas Decorating</b> <b>11:00 C-Lovers in Langley</b> <b>2:00 Christmas Decorating</b> 7:00 Bingo	<b>30 10:15 Exercise</b> 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi		