

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Legend:**

- Craft Room ~ CR**
- Multi Purpose Room ~ MPR**
- Education Room ~ EDR**
- Board Room ~ BR**
- Games Room ~ GR**
- Fellowship Hall ~ FH**

\* ~ Zoom

		<p><b>1</b></p> <p>9:30 Beach Ball Fun (CR) 10:30 Yahtzee (EDR) 2:00 MCC Presentation (EDR) 3:00 Aquafit ~ Pool</p>	<p><b>2</b></p> <p>9:30 Balance &amp; Tone (CR)* 9:30 Walk &amp; Talk Group (Lobby) 10:30 Hymn Sing (MPR) 2:30 Java Music Club (EDR)</p>	<p><b>3</b></p> <p><b>2:30 Music with Conn Smythe (FH)</b> 4:15 Muscle Relaxation (3<sup>rd</sup> Floor Den) 6:30 Short Stories (3<sup>rd</sup> floor den) 7:30 Aquaworship ~ Pool</p>	<p><b>4</b></p> <p><b>10:00 Welcome Tea (CR)</b> <b>1:30 Artful Workshop at Waterloo Library (sign up required) (walking over)</b></p>	<p><b>5</b></p>
<p><b>6</b></p> <p><b>KMW Clothing (1pm-4pm)</b> 9:30 Giant matching Game (EDR) 10:30 Muscle Strength (CR) * 2:00 Crokinole (GR) 3:00 One to One Visits</p> <p><small>Daylight Saving Time Ends</small></p>	<p><b>7</b></p>	<p><b>8</b></p> <p>9:30 Kindness Club (EDR) 10:30 Yahtzee (EDR) 11:00 Catholic Communion 2:00 Poetry Reading (EDR) 3:00 Aquafit ~ Pool</p>	<p><b>9</b></p> <p>9:30 Balance &amp; Tone (CR)* 9:30 Walk &amp; Talk Group (Lobby) 10:30 Hymn Sing (MPR) <b>2:30 Music with Henry Winter (FH)</b></p>	<p><b>10</b></p> <p>2:30 BINGO! (EDR) 4:15 Muscle Relaxation (3<sup>rd</sup> Floor Den) 6:30 Ring Toss (CR) 7:30 Aquaworship ~ Pool</p>	<p><b>11</b></p> <p>9:30 Seated Yoga (CR)* <b>10:30 Remembrance Day Service (FH)</b> 1:30 Tea and Reminiscing (CR) 3:00 Crafters Corner (CR)</p> <p><small>Veterans Day Remembrance Day (Canada)</small></p>	<p><b>12</b></p> <p>9:30 Beach Ball Fun (CR) 10:30 Open Swim ~Pool</p>
<p><b>13</b></p>	<p><b>14</b></p> <p>9:30 Canning Jam (EDR) 2:00 Crafters Corner (CR) 3:00 Muscle Strength (CR)</p>	<p><b>15</b></p> <p>9:30 Beach Ball Fun(CR) 10:30 Yahtzee (EDR) <b>2:30 Music with Brent M (FH)</b></p>	<p><b>16</b></p> <p>9:30 Balance &amp; Tone (CR)* 9:30 Walk &amp; Talk Group (Lobby) 10:30 Hymn Sing (MPR) 2:00 Root Beer Float Social (CR)</p>	<p><b>17</b></p> <p>2:30 BINGO! (EDR) 5:00 6<sup>th</sup> Floor Dinner 6:30 Brain Health (CR) 7:30 Aquaworship ~ Pool</p>	<p><b>18</b></p> <p>9:30 Laughter Yoga (CR) <b>10:30 Townhall Meeting (MPR)</b> 1:30 Aquafit ~ Pool 3:00 Crazy Painting (CR)</p>	<p><b>19</b></p>
<p><b>20</b></p> <p>2:00 Church Service with Chaplain Alan (MPR)</p>	<p><b>21</b></p> <p>Christmas Decorating Week 10:30 Muscle Strength (CR) * <b>2:00 Speaker Series (EDR)*</b></p>	<p><b>22</b></p> <p>9:30 Creative Painting (CR) 10:30 Yahtzee (EDR) 2:00 Laughter Yoga (CR) 3:00 Aquafit ~ Pool</p>	<p><b>23</b></p> <p>9:30 Balance &amp; Tone (CR)* 9:30 Walk &amp; Talk Group (Lobby) 10:30 Hymn Sing (MPR) 10:30 Catholic Mass (FH) 2:00 Poetry Reading (EDR)</p>	<p><b>24</b></p> <p><b>10:30 Fireside Singers (FH)</b> 2:30 BINGO! (EDR) 4:15 Muscle Relaxation (3<sup>rd</sup> Floor Den) 7:30 Aquaworship ~ Pool</p> <p><small>Thanksgiving Day (US)</small></p>	<p><b>25</b></p> <p>9:30 Crafter's Corner (CR) 10:30 Baking Homemade Turtles (EDR) <b>1:00 Sounds of Christmas Concert Outing (sign up required)</b></p>	<p><b>26</b></p>
<p><b>27</b></p> <p>2:00 Church Service with Chaplain Alan (MPR)</p>	<p><b>28</b></p> <p>9:30 Baking Cookies (EDR) 10:30 Muscle Strength (CR) * 2:00 Crafters Corner (CR) 3:00 Ladder Ball (CR)</p>	<p><b>29</b></p> <p>9:30 Beach Ball Fun (CR) 10:30 Yahtzee (EDR) 2:00 Jeopardy (EDR) 3:00 Aquafit ~ Pool</p>	<p><b>30</b></p> <p>9:30 Balance &amp; Tone (CR)* 9:30 Walk &amp; Talk Group (Lobby) 10:30 Hymn Sing (MPR) 2:00 Baking Cookies (CR) 3:00 Who am I? (EDR)</p>	<p style="text-align: center;"><b>November 2022</b></p> <p style="text-align: center;">Parkwood Suites &amp; Garden Homes</p>		
<p><a href="mailto:recreation@parkwoodmh.com">recreation@parkwoodmh.com</a> ~ ext 275 or <a href="mailto:lhicks@parkwoodmh.com">lhicks@parkwoodmh.com</a> ~ ext 339</p>						

# Remembrance Day

T E B G K S P S E H K H N P Z J E M O Z E A R U  
 N O X K I P Y W O Z F L E S I O L S F Z R M J V  
 N J K G Q Q J X N U Q A B R E Z E U Z X E H C W  
 V K C G D L A D E M C I M J M E V N G O B Z D O  
 E H G P I C E A S E F I R E L R E D M I M B M Z  
 T Q G W D S T M K M E Y P P O P N A J R E S E K  
 E N A F R B G P Y O H G X V N I T Y X N M T C B  
 R S M U J J B E L H U I V W D V H N R E E V I B  
 A U B O W Z A C E C E Q Z V M U N X M W R U F T  
 N B M D O P T I E M O S I L E N C E P C E D I A  
 H C J T P Y T T P G G N M C G G H M O D E E R F  
 L H E I H Z L S R D R I I G T Q F A M R E Y C B  
 K B U I C E E I Y K L V T M Z H L H Q I D J A B  
 O V I L F P X M B P R E C W O W A Z O E K L S L  
 W B V P V A Y R H E R L I R W A N A U R E Y A B  
 M Y P H I Y C A S K S V E F V W D P K E G I L N  
 W L V A Z H E E H W N I W K C L E L D L R F X A  
 V A V F R U M T W D B Q T O B D R K M O U R X I  
 F A R W A K A Z S X N N N H D L S P M L E V I C  
 L I Y B W E T F D J K F V I Y U U E W I O Z G V  
 H Z L O R M F V I M L Y C S A Y M D D Q Y Y X I  
 E R R W N Y A Y V I W D P F B V A L V N A I W A  
 P C N Y J K J W C H D D W V V Z O L C N Z X Y O  
 T Y T Y D X S T X I V F I J C S N F W U A U Q U

armistice	battle	ceasefire	conflict	eleventh
field	flanders	freedom	medal	memorial
peace	poppy	remember	sacrifice	service
silence	soldier	sunday	veteran	war
wreath				

# Monthly Activity Calendar ~November 2022

