

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2024

Parkwood Suites, Garden Homes, & DLMA

					<p>9:30 Flexibility Fitness (CR) 10:30 Crokinole (GR) 1:30 Word Games (CR) 2:30 Bingo (MPR) 3:30 Piano Music with Angela (MPR)</p> <p style="text-align: center;">Diwali (Hindu)</p>	<p>10:00 Exercise with Brandon (CR) 2:30 Music with Martin Wall (FH)</p>
<p>10:30 Sunday Service with Chaplain Ellen (FH) 2:00 Music with Oran Mor (Recorder Quartet) (FH)</p> <p style="text-align: center;">Daylight Saving Time Ends</p>	<p>9:30 Strength & Conditioning (CR) 10:30 Game: Would You Rather? 2:00 Music with Traci Kennedy (FH) 2:30 Spirit Circle with Chaplain Ellen (CR)</p>	<p>10am-2pm KmW Clothing (CR) 9:30 Qi Gong (FH) 10:30 Walk & Talk Group (L) 1:30 Bocce Ball (CR Hallway) 2:00 Retirement Resident Drop-in Session (DR)</p>	<p>9:30 Beach Ball Fun (CR) 10:30 RC Communion Visits 10:30 Hymn Sing (MPR) 1:30 Creative Painting (MPR) 2:00 Choir Practice (FH) 2:30 Travelogue: Alaska (CR)</p>	<p>9:30 Strength & Conditioning (CR) 10:30 Fireside Voices (FH) 1:15 Hot Wax Treatment (Gym)</p>	<p>9:30 Flexibility Fitness (CR) 12:00 Lunch Club: Pizza Lunch *sign-up required 1:30 Ladder Ball Toss (CR) 2:00 Christmas Card Making with Marion (FH) 2:30 Bingo (MPR)</p>	<p>10:00 Exercise with Brandon (CR)</p>
<p>10:30 Remembrance & Peace Sunday Service with Chaplain Lisa (FH)</p>	<p>9:30 Strength & Conditioning (CR) 10:30 Remembrance Day Gathering (FH) 1:30 Ring Toss (CR) 2:30 Spirit Circle with Chaplain Ellen (CR)</p> <p style="text-align: center;">Veterans Day Remembrance Day (Canada)</p>	<p><i>Christmas Decorating -></i> 9:30 Qi Gong (FH) 10:30 Current Events (CR) 1:15 Outing: Dollarama *sign-up required</p>	<p>9:30 Balloon Badminton (CR) 10:30 Hymn Sing (MPR) 11:30 Outing: East Side Mario's *sign-up required 2:00 Choir Practice (FH)</p>	<p>9:30 Strength & Conditioning (CR) 10:30 Jeopardy (CR) 1:15 Hot Wax Treatment (Gym)</p>	<p>9:30 Flexibility Fitness (CR) 10:30 Yahtzee (MPR) 2:00 Menno Valley Sound (FH) 7:00 Movie Night (FH)</p>	<p>9:30 Exercise with Brandon (CR) 10:00 Music with Bill Loeb sack (FH)</p>
<p>10:30 Sunday Service with Chaplain Ellen (FH)</p>	<p>10:00 Music with Brent M (FH) 1:30 Fact or Fiction (CR) 2:30 Spirit Circle with Chaplain Ellen (CR)</p>	<p>10:30 Memorial Service (FH) 1:30 Manicures (MPR) 2:30 Coffee Hour with Dean & Shirley from MEDA (MPR) 5:00 Retirement Suites 6th Floor Dinner (MPR)</p>	<p>9:30 Beach Ball Fun (CR) 10:30 Hymn Sing (MPR) 10:30 Catholic Mass (FH) 1:30 Tabletop Shuffleboard (MPR) 2:00 Choir Practice (FH) 2:30 Ladder Ball Toss (CR)</p>	<p>9:30 Lower Body Strength (CR) 10:30 Baking: Gingerbread Cookies (EDR) 10:30 Devotions with Knox Presbyterian Church (FH) 1:15 Hot Wax Treatment (Gym) 2:00 Men's Group (CR) 3:45 & 6:30 Janice Long's Music Studio Recital (FH)</p>	<p>9:30 Flexibility Fitness (CR) 10:30 Gingerbread Cookie Decorating (MPR) 11:30 Outing: Lunch at Harvest Moon *sign-up required 2:30 Bingo (MPR) 3:30 Piano Music with Angela (MPR)</p>	<p>10:00 Exercise with Brandon (CR)</p>
<p>10:30 Sunday Service with Chaplain Lisa (FH) 2:00 Piano Drop in with Doug & Wilf (FH)</p>	<p>9:30 Lower Body Strength (CR) 10:30 Yogurt Parfait Social (MPR) 1:30 Creative Painting (MPR) 2:30 Spirit Circle with Chaplain Ellen (CR)</p>	<p>9:30 Qi Gong (FH) 10:30 Poetry Reading (CR) 1:30 Travelogue: Vietnam (CR) 2:30 November Birthday Celebration (MPR)</p>	<p>9:30 Balloon Badminton (CR) 10:30 Hymn Sing (MPR) 1:30 Dominoes (MPR) 2:00 Choir Practice (FH) 2:30 Crokinole (GR)</p>	<p>10:00 Uptown Swing Band (FH) 1:15 Hot Wax Treatment (Gym)</p> <p style="text-align: center;">Thanksgiving Day</p>	<p>Christmas Bazaar 10am-5pm Resident/Family Christmas Dinner 12pm & 5pm</p>	<p>10:00 Exercise with Brandon (CR)</p>

Contact Recreation: (519) 885-0090 Ext. 275 or recreation@parkwoodmh.com or Lindsay Hicks Ext. 339 or lhicks@parkwoodmh.com

ACTIVITY CALENDAR NOVEMBER 2024



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 2:30 Aquafit 3:00 Open Swim	2
	3 2:30 Aquafit 3:00 Open Swim	4 4:00 Aquafit 6:30 Open Swim	5 4:00 Aquafit 6:30 Open Swim	6 2:30 Aquafit 3:00 Open Swim	7 2:30 Aquafit 3:00 Open Swim	8 2:30 Aquafit 3:00 Open Swim	9
	10 2:30 Aquafit 3:00 Open Swim	11 4:00 Aquafit 6:30 Open Swim	12 4:00 Aquafit 6:30 Open Swim	13 2:30 Aquafit 3:00 Open Swim	14 2:30 Aquafit 3:00 Open Swim	15 2:30 Aquafit 3:00 Open Swim	16
	17 2:30 Aquafit 3:00 Open Swim	18 3:00 Aquafit	19 3:00 Aquafit	20 2:30 Aquafit 3:00 Open Swim	21 2:30 Aquafit 3:00 Open Swim	22 3:00 Aquafit	23
	24 2:30 Aquafit 3:00 Open Swim	25 4:00 Aquafit 6:30 Open Swim	26 4:00 Aquafit 6:30 Open Swim	27 2:30 Aquafit 3:00 Open Swim	28 2:30 Aquafit 3:00 Open Swim	29	30

*Pool programs will be 30 minutes each