

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**NOVEMBER 2023**  
**The Cottage**  
*November reminds us to be thankful for the many positive things happening in our lives.*



10:00 Gentle Stretch  
 10:30 Daily Chronicles  
 10:50 New Way November Discussion  
 Cottage Stroll\*\*  
 Puzzles\*\*  
 Courtyard Stroll\*\*  
 6:00  
 Hymnspirations

10:00 Scenic Drive  
 2:30 Gentle Stretch  
 2:50 Daily Chronicles  
 3:00 New Way November Discussion  
 3:15 Craft w/Jacque

10:00 Gentle Stretch  
 10:20 Daily Chronicles  
 10:30 New Way November Discussion  
 2:30 Trivia  
 3:30 Fly Swatter Ball

10:00 Gentle Stretch  
 10:30 Daily Chronicles  
 10:50 New Way November Discussion  
 11:00 Meditation  
 2:30 Bingo Madness  
 3:30 Walking Group

9:00 Bible Study  
 9:30 Gentle Stretch  
 9:50 Daily Chronicles  
 10:00 New Way November Discussion  
 10:30 Music w/Back in the Day  
 2:30 Balloons & Noodles  
 3:30 Walking Group

10:15 Chair Zumba  
 11:00 Daily Chronicles  
 11:20 New Way November Discussion  
 2:30 Games, Residents Choice  
 4:00 Ted Talk

10:00 Gentle Stretch  
 10:20 Daily Chronicles  
 10:30 New Way November Discussion  
 2:00 Movie w/Popcorn

Veterans Day  
Remembrance Day (Canada)

10:00 Gentle Stretch  
 10:30 Daily Chronicles  
 10:50 New Way November Discussion  
 Cottage Stroll\*\*  
 Puzzles\*\*  
 Courtyard Stroll\*\*  
 6:00  
 Hymnspirations  
Diwali (Hindi)

10:00 Scenic Drive  
 1:30 Therapy Dog  
 2:30 Gentle Stretch  
 2:50 Daily Chronicles  
 3:00 New Way November Discussion  
 3:15 Craft/Jacque

10:00 Gentle Stretch  
 10:20 Daily Chronicles  
 10:30 New Way November Discussion  
 1:30 Chefs Talk  
 2:30 Music w/Kristi & Steve

10:00 Gentle Stretch  
 10:30 Daily Chronicles  
 10:50 New Way November Discussion  
 11:00 Meditation  
 1:00 Holy Communion  
 2:30 Bingo Madness  
 3:30 Walking Group

9:00 Bible Study  
 10:00 Gentle Stretch  
 10:20 Daily Chronicles  
 10:30 New Way November Discussion  
 2-4pm Pie Social

10:15 Chair Zumba  
 11:00 Daily Chronicles  
 11:20 New Way November Discussion  
 2:30 Resident Council  
 3:30 Enzo

10:00 Gentle Stretch  
 10:20 Daily Chronicles  
 10:30 New Way November Discussion  
 2:00 Movie w/Popcorn

10:00 Gentle Stretch  
 10:30 Daily Chronicles  
 10:50 New Way November Discussion  
 Cottage Stroll\*\*  
 Puzzles\*\*  
 Courtyard Stroll\*\*  
 6:00  
 Hymnspirations

10:00 Scenic Drive  
 2:30 Gentle Stretch  
 2:50 Daily Chronicles  
 3:00 New Way November Discussion  
 3:15 Give Me a Letter

10:00 Gentle Stretch  
 10:20 Daily Chronicles  
 10:30 New Way November Discussion  
 2:30 Craft w/Jacque  
 3:30 Walking Group

10:00 Gentle Stretch  
 10:30 Daily Chronicles  
 10:50 New Way November Discussion  
 11:00 Meditation  
 1:00 Puget Singers  
 2:30 Bingo Madness  
 3:30 Walking Group

9:00 Bible Study  
 10:00 Gentle Stretch  
 10:20 Daily Chronicles  
 10:30 New Way November Discussion  
 3:30 Walking Group  
 2:30 Uno card game

Thanksgiving Day (US)

10:00 Gentle Stretch  
 10:20 Daily Chronicles  
 10:30 New Way November Discussion  
 2:30 Sing-a-long  
 4:00 Ted Talk

10:00 Gentle Stretch  
 10:20 Daily Chronicles  
 10:30 New Way November Discussion  
 2:00 Movie w/Popcorn

10:00 Gentle Stretch  
 10:30 Daily Chronicles  
 10:50 New Way November Discussion  
 Cottage Stroll\*\*  
 Puzzles\*\*  
 Courtyard Stroll\*\*  
 6:00  
 Hymnspirations

10:00 Scenic Drive  
 2:30 Music w/Fun Singers  
 3:30 Gentle Stretch  
 3:50 Daily Chronicles  
 4:00 New Way November Discussion

10:00 Gentle Stretch  
 10:20 Daily Chronicles  
 10:30 New Way November Discussion  
 2:30 November Birthday Party  
 3:00 Favorite B-day Memories

10:00 Gentle Stretch  
 10:30 Daily Chronicles  
 10:50 New Way November Discussion  
 11:00 Meditation  
 2:30 Bingo Madness  
 3:30 Walking Group

9:00 Bible Study  
 10:00 Gentle Stretch  
 10:20 Daily Chronicles  
 10:30 New Way November Discussion  
 2:30 Crafts w/Bobbi

**November Resident Birthdays.**  
 Kitty K. 11/25

**Thursdays @ 11AM:  
Catholic Holy Communion**

