



November 2019 ~ Irene Baron Eden Centre ~ Life Enrichment Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>HIGHLIGHTED NUMBERS INDICATES PROVINCIAL HOLIDAY</p>					<p>1</p> <p>10:15 EXERCISE CIRCLE & NOVEMBER NEWS</p> <p>1:15 BEACH BALL CIRCLE</p>	<p>2</p> <p>1:00 Piano Studio w/Mel Koop</p>  Fall back-Daylight Savings on the 3 rd
<p>3</p> <p>*REMEMBER TO SET YOUR TIME BACK 1 HOUR*</p> <p>10:15 DEVOTIONS AND Hymn Sing</p> <p>1:15 LADDER BALL AND SNACK</p>	<p>4</p> <p>10:15 Exercises & Sing-A-Long</p> <p>1:15 Bible Study for 2nd floor – Daniel</p>	<p>5</p> <p>9:30 For 2nd Floor- Making your own pizza @ Boston Pizza Outing</p> 	<p>6</p> <p>10:15 STRETCHES & Cranium Exercises</p> <p>1:15 WASHER TOSS</p> <p>Bernice O. B-Day </p>	<p>7</p> <p>10:15 FUN 'N FITNESS</p> <p>11:45 Early Lunch</p> <p>1:00 "REMEMBRANCE DAY SERVICE" W/ROYAL CANADIAN LEGION</p>	<p>8</p> <p>10:15 Tai Chi & "REMEMBERING OUR LOVED ONES"</p> <p>1:30 "Happy Hour" w/Recycled Jammers</p>	<p>9</p> <p>1:15 HOW MANY WORDS FROM "REMEMBRANCE DAY"</p> <p>6:15PM MOVIE NIGHT & POPCORN & POP</p>
<p>10</p> <p>10:15 DEVOTIONS AND Hymn Sing</p> <p>1:15 Bean Bag Toss</p> <p>2:30 PROVIDENCE CHURCH</p>	<p>11</p> <p>REMEMBRANCE DAY</p> 	<p>12</p> <p>10:15 EXERCISE VIDEO</p> <p>1:15 FAMILY HEIRLOOM SHOW 'N TELL</p>	<p>13</p> <p>10:15 Snow Fitness</p> <p>1:15 LADDER BALL</p>	<p>14</p> <p>10:15 FUN 'N FITNESS</p> <p>1:30 Monthly B-day Party w/Flashback Express</p>	<p>15</p> <p>10:15 STRETCHES and Finish the song Lyrics</p> <p>1:15 IN HOUSE BOWLING</p>	<p>16</p> <p>1:15 FUN FACTS ABOUT "POMEGRANATES"</p> <p>6:15PM BINGO & COFFEE</p>
<p>17</p> <p>10:15 DEVOTIONS AND Hymn Sing</p> <p>1:15 LADDER BALL AND SNACK</p>	<p>18</p> <p>10:15 Tai Chi</p> <p>1:15 BALLOON MANIA</p>	<p>19</p> <p>10:15 Snow Fitness</p> <p>1:15 MANICURES & SING-A-LONG</p> <p>6:00PM MINUTE TO WIN IT GAME NIGHT & COFFEE</p>	<p>20</p> <p>10:15 FITNESS & FINISH THE LINES</p> <p>1:15 GROUP CROSSWORD PUZZLE</p>	<p>21</p> <p>10:15 STRETCHES & THANKSGIVING SCRABBLE</p> <p>1:15 Hang Man</p>	<p>22</p> <p>9:30 Catholic Service followed by Singing</p> <p>1:30 "Happy Hour" w/Kirk Leavesly</p>	<p>23</p> <p>10:15 Snow Fitness</p> <p>1:30 Shuffleboard</p>
<p>24</p> <p>10:15 DEVOTIONS AND Hymn Sing</p> <p>1:15 Bean Bag Toss</p> <p>2:30 PROVIDENCE CHURCH</p>	<p>25</p> <p>10:15 FUN 'N FITNESS</p> <p>1:15 1:15 Bible Study for 1st Floor – Daniel</p>	<p>26</p> <p>10:15 Choir Practice</p> <p>1:15 LADDER BALL</p>	<p>27</p> <p>1:15 Choir Practice</p> <p>6:30PM DOBRIANSKY MUSIC & DANCE GROUP @ REPC</p>	<p>28</p> <p>10:15 Snow Fitness</p> <p>1:15 BEACH BALL CIRCLE</p>	<p>29</p> <p>10:15 Tai Chi</p> <p>1:15 Christmas Decorating and Caroling</p>	<p>30</p> <p>10:15 Shake Loose a Memory</p> <p>1:15 Shuffleboard</p>

PLEASE SEE THE LIFE ENRICHMENT BOARD ~ ACTIVITIES ARE SUBJECT TO CHANGE DUE TO UNFORSEEN CIRCUMSTANCES