



November 2024

Garneau Hall



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:00 Your Wellness Walk Indoor Program 1 10:00 Seasonal Painting Project Instructor Roza 2:00 Rick Steve Travelogue: The Best Of Italy 6:00 Friday DVD Movie: "Harry And The Hendersons"	9:00 Your Wellness Walk Indoor Program 2 10:30 Coffee & Tea Social 1:30 Interdenominational Church Service 2:30 Saturday Afternoon "Bingo" Caller: Roza 6:00 Bridge & Cribbage
					9:00 Your Wellness Walk Indoor Program 3 11:00 Brenda's Coffee & Current Events 1:30 Haley's Knitting Club "Marlene's Loom Class" 6:00 Sunday Night Cards Bridge & Cribbage	9:00 Your Wellness Walk 4 10:00 Jansai Clothing 10:30 Keep Fit Exercises 11:00 U.S. Presidential Election Politicking With Brenda 2:00 Christmas Choir Practice 5:30 Children's Classical Concert "Cello, Violin"
9:00 Your Wellness Walk Indoor Program 10 10:30 "Annual Remembrance Day Service" 1:30 Haley's "Remembrance Day Project" 6:00 Sunday Night Cards Bridge & Cribbage	11	9:00 Your Wellness Walk Indoor Program 12 10:30 Seated Yoga Class Instructor Brenda 11:00 Pursuit Of Happiness Loosen Up, Lighten Up 1:30 Tuesday Afternoon "Bingo" Caller: Brenda	9:00 Your Wellness Walk Indoor Program 13 10:30 Fall Prevention Class Instructor Brenda 11:00 Brenda's Current Events News & Views 1:00 PureCare Pharmacy RSV Immunization Clinic	9:00 Your Wellness Walk Indoor Program 14 10:15 Cambridge Daycare Visit! Fun & Games 1:30 Evelyn's Roman Catholic Holy Communion 2:00 Music By Harold "CD Release Party"	9:00 Your Wellness Walk Indoor Program 15 10:00 Creative Holiday Crafts Instructor Roza 2:00 Roza's Fun Brain Games Trivia & Quizzes 6:00 Friday Netflix Movie: "A Man Called Otto"	9:00 Your Wellness Walk 16 9:30 Dr. Farhat's Clinic By Appointment Only 10:30 Coffee & Tea Social 1:30 Church Service 2:30 "Bingo" Caller: Roza 6:00 Saturday Night Cards Bridge & Cribbage
9:00 Your Wellness Walk Indoor Program 17 11:00 Brenda's Coffee & Current Events 1:30 Healthy Skin Month With "Dr. Marlene Dytoc" 4:00 2024 Grey Cup Party! Grey Cup Pool Tickets	9:00 Your Wellness Walk Indoor Program 18 10:30 Keep Fit Exercises Instructor Brenda 11:00 Train Your Brain With Mental Aerobics 2:00 Recreation Meeting & "Ice Cream Social"	9:00 Your Wellness Walk Indoor Program 19 10:00 Coffee Talk Reverend Danielle Key 11:00 Politicking With Brenda News & Views 1:30 Tuesday Afternoon "Bingo" Caller: Brenda	9:00 Your Wellness Walk Indoor Program 20 10:30 Fall Prevention Class Instructor Brenda 11:00 Brenda's Current Events News & Views 2:00 Garneau Hall Wheel Of Fortune "Host Eric"	9:00 Your Wellness Walk Indoor Program 21 10:30 Roza's Fit 4 Life Class 11:00 Roza's Brain Games 1:30 Evelyn's Roman Catholic Holy Communion 2:00 Let the Games Begin Board Games "Scabble"	9:00 Your Wellness Walk Indoor Program 22 10:30 Roza's Card Games & Jigsaw Puzzles 2:00 Documentary: The Truth About Alcohol 6:00 DVD Friday: Cirque Du Soleil "Reinvente"	9:00 Your Wellness Walk Indoor Program 23 1:30 Interdenominational Church Service 2:30 Saturday Afternoon "Bingo" Caller: Roza 6:00 Saturday Night Cards Bridge & Cribbage
9:00 Your Wellness Walk Indoor Program 24 11:00 Brenda's Coffee & Current Events 1:30 Haley's Festive Holiday "Ice Cream Social" 6:00 Sunday Night Cards Bridge & Cribbage	9:00 Your Wellness Walk Indoor Program 25 10:30 Keep Fit Exercises Instructor Brenda 11:00 Train Your Brain With Mental Aerobics 2:00 Documentary: "The Legendary Liberace"	9:00 Your Wellness Walk Indoor Program 26 10:30 Seated Yoga Class Instructor Brenda 11:00 Benefits Of Laughter Yoga Leader Brenda 1:30 Tuesday Afternoon "Bingo" Caller: Brenda	9:00 Your Wellness Walk Indoor Program 27 10:30 Fall Prevention Class Instructor Brenda 11:00 Brenda's Current Events News & Views 2:00 Geography Month "Where In The World?"	9:00 EPL Book Exchange 28 9:00 Your Wellness Walk Indoor Program 10:30 Roza's Fit 4 Life Class 11:00 Roza's Brain Games 1:30 Holy Communion 2:00 Susie Q Sing-Along "Christmas Favorites"	9:00 Your Wellness Walk Indoor Program 29 10:30 Roza's Presentation: Who Am I & Discussion 2:00 Travelogue Destination: Cleveland, Ohio 6:00 Netflix Romance/Drama Movie: "Jane Eyre"	9:00 Your Wellness Walk 30 9:30 Dr. Farhat's Clinic By Appointment Only 10:30 Coffee & Tea Social 1:30 Church Service 2:30 "Bingo" Caller: Roza 6:00 Saturday Night Cards Bridge & Cribbage