

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

NOVEMBER 2024

Oakwood Assisted Living

	
<p>10:00 – Sunday Service (KC) 3</p> <p>1:00 – Sunday Service (Gardens)</p> <p><small>Daylight Saving Time Ends</small></p>	<p>9:30 - Daily Chronicles & chat (MR) 4</p> <p>10:00 – Cardio Exercise (MR)</p> <p>2:00- Matinee Movie Monday (TR)</p>
<p>10:00 – Sunday Service (KC) 10</p> <p>1:00 – Sunday Service (Gardens)</p>	<p>9:30 - Daily Chronicles & chat (MR) 11</p> <p>10:00 – Cardio Exercise (MR)</p> <p>1:30- Veterans appreciation program (KC) <small>Veterans Day Remembrance Day (Canada)</small></p>
<p>10:00 – Sunday Service (KC) 17</p> <p>1:00 – Sunday Service (Gardens)</p>	<p>9:30 - Daily Chronicles & chat (MR) 18</p> <p>10:00 – Cardio Exercise (MR)</p> <p>2:00- Matinee Movie Monday (TR)</p>
<p>10:00 – Sunday Service (KC) 24</p> <p>1:00 – Sunday Service (Gardens)</p>	<p>9:30 - Daily Chronicles & chat (MR) 25</p> <p>10:00 – Cardio Exercise (MR)</p> <p>1:00-3:30- Festival of Trees</p>
<p>9:00- Bus ride to vote in person 5</p> <p>9:30 - Daily Chronicles & chat (MR)</p> <p>10:00 – Yoga Exercise (MR)</p> <p>10:30-Walking club</p> <p>2:00- Musical Performance: Rob Dahms (KC)</p> <p>3:00-Trivia Tuesday (Theme: November)</p>	<p>9:30 - Daily Chronicles & chat (MR) 6</p> <p>9:45 – Cardio Exercise (MR)</p> <p>10:00- Bible Study with Chaplain Doug (TR)</p> <p>1:00-4:00- Resale Shop open</p>
<p>9:30 - Daily Chronicles & chat (MR) 7</p> <p>10:00 – Yoga Exercise (MR)</p> <p>10:30-Walking club</p> <p>1:30- Cash Bingo (AR)</p> <p>6:15- White Christmas (Music Guild) FREE plus \$2.50 for bus-9:00 - limited spots available</p>	<p>9:30 - Daily Chronicles & chat (MR) 8</p> <p>10:00 – Cardio Exercise (MR)</p> <p>1:00-4:00- Vendor Fair (Arcade Hallway)</p>
<p>9:30 - Daily Chronicles & chat (MR) 14</p> <p>10:00 – Yoga Exercise (MR)</p> <p>10:30-Walking club</p> <p>10:30- Catholic Mass (KC)</p> <p>1:30- Cash Bingo (AR)</p> <p>3:00-Musical Performance: Troy Rangel & Friends (MR)</p>	<p>9:30 - Daily Chronicles & chat (MR) 15</p> <p>10:00 – Cardio Exercise (MR)</p> <p>2:00- Happy Hour</p>
<p>9:00-11:00- Manicures (AR) 20</p> <p>9:30 - Daily Chronicles & chat (MR)</p> <p>9:45 – Cardio Exercise (MR)</p> <p>10:00- Bible Study with Chaplain Doug (TR)</p> <p>1:30- Musical Performance:</p>	<p>9:30 - Daily Chronicles & chat (MR) 21</p> <p>10:00 – Yoga Exercise (MR)</p> <p>10:30-Walking club</p> <p>1:30- Cash Bingo (AR)</p>
<p>9:30 - Daily Chronicles & chat (MR) 26</p> <p>10:00 – Yoga Exercise (MR)</p> <p>10:30-Walking club</p> <p>2:00- Musical Performance: The Connections</p>	<p>9:30 - Daily Chronicles & chat (MR) 27</p> <p>9:45 – Cardio Exercise (MR)</p> <p>10:00- Bible Study with Chaplain Doug (TR)</p> <p>1:30- Musical Performance: Janet Lieb (Gardens)</p> <p>2:00- Monthly Birthday Party (MR)</p>
<p>10:30- Catholic Mass (KC) 28</p> <p>No Activities:</p> <p>Happy Thanksgiving!!</p> <p><small>Thanksgiving Day</small></p>	<p>9:30 - Daily Chronicles & chat (MR) 29</p> <p>No Activities</p>
<p>8:30-9:30- CM Academy Dog Parade (Arcade) 2</p> <p>9:00-Seated Tai Chi (CH 52.1)</p> <p>2:00- Resident led Games (AR)</p>	<p>8:30-9:30- Observe and interact with the dogs from CM Academy- Arcade 9</p> <p>9:00-Seated Tai Chi (CH 52.1)</p> <p>2:00- Resident led Games (AR)</p>
<p>8:30-9:30- Observe and interact with the dogs from CM Academy- Arcade 16</p> <p>9:00-Seated Tai Chi (CH 52.1)</p> <p>2:00- Resident led Games (AR)</p>	<p>8:30-9:30- Observe and interact with the dogs from CM Academy- Arcade 23</p> <p>9:00-Seated Tai Chi (CH 52.1)</p> <p>2:00- Resident led Games (AR)</p>
<p>8:30-9:30- Observe and interact with the dogs from CM Academy- Arcade 30</p> <p>9:00-Seated Tai Chi (CH 52.1)</p> <p>2:00- Resident led Games (AR)</p>	

All activities are subject to change, with or without notice. For any questions, contact Anthony at ext. 297