

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**NOVEMBER 11 REMEMBRANCE DAY**



9:30 High Level Exercise 1  
10:30 Seated Yoga  
11:30 Individual Exe  
9:30am Scrabble & crafts  
2pm Movie - **Howard's End**  
3pm Tea/Sing Along with Karen  
3pm Euchre  
4pm Res. Directed Trivia

9:30 High Level Exercise 2  
10:30 & 11:30 Seated Yoga  
10:00am- Crafts & games  
2pm Bingo  
3pm Euchre  
3pm Social Tea  
4pm Res. Directed Trivia  
**National Stress Awareness Day**

9:30 Falls Prevention Exe. 3  
10:30 Falls Prevention Exe.  
**Triple Eight Clothing Sale**  
2PM Movie *20th Century Women*  
2pm Mahjong with Margaret  
3pm Social Tea  
3pm Euchre  
4pm Res. Directed Trivia

9:30 High Level Exercise 4  
10:30 - **STAY SHARP FIT MINDS**  
11:30 Individual Exercise  
12:30 Seated Yoga  
2pm **KATHY THOMPSON PERFORMING**  
3pm Euchre  
3pm Social Tea  
4pm Resident Directed Trivia

2pm BINGO 5  
3PM SOCIAL TEA  
3PM ARMCHAIR TRAVEL  
**LA MONTAÑA DE LOS SIETE COLORES, PERÚ**  
4PM RESIDENT DIRECTED TRIVIA

4PM Sunday Matinee A 6  
**DRIVING MISS DAISY**  
3pm Social Tea  
4pm Resident Directed Trivia  
**DAYLIGHT SAVING TIME ENDS TURN BACK YOUR CLOCK 1 HOUR**



9:30 Falls prevention exe. 7  
9:30am- Crafts & Games  
10:30 - Falls prevention exe  
1:45 **CLIFFCREST**  
2pm Movie **JULIE & JULIA**  
3pm Euchre /3pm Social Tea  
4pm Resident Directed Trivia  
6:40pm **Bridge Club**

9:30 High Level Exercise 8  
10:30 Seated Yoga  
11:30 Individual Exe  
9:30am Scrabble & crafts  
11am **Service in the chapel with Rev. MacDonald**  
2pm Movie **the Last Laugh**  
3pm Tea/Sing Along with Karen  
3pm Euchre/4pm Trivia

9:30 High Level Exercise 9  
10:30 & 11:30 Seated Yoga  
10:00am- Crafts & games  
2pm Bingo  
3pm Euchre  
3pm Social Tea  
4pm Res. Directed Trivia  
**HAPPY BIRTHDAY ALLWYN F**

9:30 Falls Prevention Exe. 10  
10:30 Falls Prevention Exe.  
2PM Movie: **The Departed**  
11-4 **Erica's Jewelry & Watch Repairs (lobby)**  
2pm Mahjong with Margaret  
3pm Social Tea  
3pm Euchre  
4pm Resident Directed Trivia

9:30 High Level Exercise 11  
10:30 - **STAY SHARP FIT MINDS**  
11:30 Individual Exercise  
12:30 Seated Yoga  
**REMEMBRANCE DAY BERNICE GOPIN, PERFORMS**



2pm BINGO 12  
3PM SOCIAL TEA  
3PM ARMCHAIR TRAVEL  
The Needles District in  
**CANYONLANDS NATIONAL PARK, UTAH**  
4PM RESIDENT DIRECTED TRIVIA

2-4PM Sunday Matinee 10  
**AS GOOD AS IT GETS**  
3pm Social Tea  
4pm Resident Directed Trivia  
**World Kindness Day**

9:30 Falls prevention exe. 14  
9:30am- Crafts & Games  
10:30 - Falls prevention exe  
2pm MOVIE **Hundred-Foot Journey**  
3pm Euchre/3pm Social Tea  
4pm Resident Directed Trivia  
6:40pm **Bridge Club**  
1:45 **AGINCOURT MALL**  
World Diabetes Day  
**HAPPY BIRTHDAY MARGARET Mc**

9:30 High Level Exercise 15  
10:30 Seated Yoga  
11:30 Individual Exe  
9:30am Scrabble & crafts  
2pm Movie **The Laundromat**  
3pm Tea/Sing Along with Karen  
3pm Euchre  
4pm Res. Directed Trivia

9:30 High Level Exercise 16  
10:30 & 11:30 Seated Yoga  
10:00am- Crafts & games  
2pm Bingo  
3pm Euchre/3pm Social Tea  
4pm Res. Directed Trivia  
**International Day for Tolerance**

9:30 Falls Prevention Exe. 17  
10:30 Falls Prevention Exe.  
2pm **Brain Health Presentation By The Alzheimer's Society**  
2pm Movie: **The Dark Knight**  
2pm Mahjong with Margaret  
3pm Social Tea  
3pm Euchre  
4pm Res Directed Trivia

9:30 High Level Exercise 18  
10:30 - **STAY SHARP FIT MINDS**  
11:30 Individual Exercise  
12:30 Seated Yoga  
3pm Euchre /3pm Social Tea  
4pm Res. Directed Trivia

2pm BINGO 19  
3PM SOCIAL TEA  
3PM ARMCHAIR TRAVEL  
**ANNAPURNA CIRCUIT, NEPAL**  
4PM RESIDENT DIRECTED TRIVIA  
**International Men's Day**

2-4PM Sunday Matinee 20  
**THE KING'S SPEECH**  
3pm Social Tea  
4pm Resident Directed Trivia  
**HAPPY BIRTHDAY VERBENA S**

9:30 Falls prevention exe. 21  
9:30am- Crafts & Games  
10:30 - Falls prevention exe  
1:45 **EGLINTON SQ/JOE FRESH**  
2PM Movie **I'll See You in My Dreams**  
3pm Euchre /3pm Social Tea  
4pm Resident Directed Trivia  
6:40pm **Bridge Club**  
World Hello Day

9:30 High Level Exercise 22  
10:30 Seated Yoga  
11:30 Individual Exe  
9:30am Scrabble & crafts  
2pm Movie **Jersey Boys**  
3pm Tea/Sing Along with Karen  
3pm Euchre  
4pm Res. Directed Trivia

9:30 High Level Exercise 23  
10:30 & 11:30 Seated Yoga  
10:00am- Crafts & games  
2pm Bingo  
3pm Euchre  
3pm Social Tea  
4pm Res. Directed Trivia

9:30 Falls Prevention Exe. 24  
10:30 Falls Prevention Exe.  
2PM **TOWN HALL MEETING**  
2pm Mahjong with Margaret  
3pm Social Tea  
3pm Euchre  
4pm Res. Directed Trivia

9:30 High Level Exercise 25  
10:30 - Seated Yoga  
2:30pm **BIRTHDAY PARTY with TONY THE ENTERTAINER**  
3pm Euchre  
3pm Social Tea  
4pm Res. Directed Trivia

2pm BINGO 26  
3PM SOCIAL TEA  
3PM ARMCHAIR TRAVEL  
**ANGEL FALLS, VENEZUELA**  
4PM RESIDENT DIRECTED TRIVIA

2-4PM Sunday Matinee A 27  
**SAVING MR BANKS**  
3pm Social Tea  
4pm Resident Directed Trivia  
**First Sunday of Advent**  
**HAPPY BIRTHDAY VIVIAN W**

9:30 - 10:30 Falls prevention 28  
9:30am- Crafts & Games AR  
1:45 **WALMART**  
2pm Movie **The Highwaymen**  
3pm Euchre/3pm Social Tea  
4pm Res. Directed Trivia  
6:40pm **Bridge Club**  
**HAPPY BIRTHDAY BRUCE W**

9:30 High Level Exercise 29  
10:30 Seated Yoga  
11:30 Individual Exe  
9:30am Scrabble & crafts  
2pm Movie **The Irishman**  
3pm Tea/Sing Along with Karen  
3pm Euchre  
4pm Res. Directed Trivia  
**GIVING TUESDAY**  
**HAPPY BIRTHDAY MARJORIE F**

9:30 High Level Exercise 30  
10:30 & 11:30 Seated Yoga  
10:00am- Crafts & games  
3pm Euchre  
3pm Social Tea  
4pm Res. Directed Trivia  
**HAPPY BIRTHDAY PAULA R**

Nov. 25 **International Day for the Elimination of Violence Against Women**  
**November 2022**  
Nov. 21 **RSBL FOOD DRIVE BEGINS: ATTENTION FAMILY MEMBERS AND FRIENDS, KINDLY DONATE NON-PERISHABLE FOOD ITEMS, BETWEEN NOV. 21 AND DEC 15. ALL DONATIONS WILL GO TO THE BLUFFS FOOD BANK: DONATION BIN WILL BE IN THE RSBL LOBBY**