



November 2018
MONDAY to FRIDAY 10:00 – 3:00

Make today ridiculously amazing!
Call (902) 421-6131 to confirm events.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 *Fitness Class 10:30 a.m. *Crib Club 1:00 p.m.	2 *Centre CLOSING @ 1:30 p.m.	3
4 FOOT CLINIC First Wed. Of Every Month	5 *Coffee & Conversation 10:30 a.m. *Knitting Circle 1:00 p.m.	6 *Fitness Class 10:30 a.m. *Bingo 1:00 p.m.	7 *Storytellers 10:30 a.m. *Technology Classes 1:30 p.m. *Compose Your Life Song With Home Instead Senior Care 1:15 p.m.	8 *Fitness Class 10:30 a.m. *Crib Club 1:00 p.m.	9 War & Love The Story of a Canadian WWII Soldier By Glen Amirault 1:15 p.m.	10
11	12 CLOSED in honour of Remembrance Day	13 *Fitness Class 10:30 a.m. *Bingo 1:00 p.m.	14 *Storytellers 10:30 a.m.	15 *Fitness Class 10:30 a.m. *Crib Club 1:00 p.m.	16 *Visit with Duke, Our Therapy Dog 10:00 a.m. *Karaoke & Happy Hour! 1:00 p.m.	17 Call 421-6131 To Confirm Events
18	19 *Coffee & Conversation 10:30 a.m. *Knitting Circle 1:00 p.m.	20 *Bingo 1:00 p.m.	21 *Storytellers 10:30 a.m. *Technology Classes 1:30 p.m. *Seniors & Bullying presentation by the VON 1:15 p.m.	22 *Crib Club 1:00 p.m.	23 * Games Afternoon 1:00 p.m.	24
25	26 *Coffee & Conversation 10:30 a.m. *Knitting Circle 1:00 p.m.	27 *Fitness Class 10:30 a.m. *Bingo 1:00 p.m.	28 *Storytellers 10:30 a.m.	29 *Fitness Class 10:30 a.m. *Crib Club 1:00 p.m.	30 *Visit with Duke, Our Therapy Dog 10:00 a.m. *Karaoke & Happy Hour! 1:00 p.m.	