

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 10am Church CCR 1pm "Memories of the War Years" @ Evergreen Seniors \$10 2pm Documentary TH 7pm Movie TH</p>	<p>2 9:30am Osteofit CCR 10:30am Exercises CCR 2pm Presentation on 19 Wing Marine Section & today's Military TH 6:45pm Bridge 4F 7pm Father Brown Series CR</p>	<p>3 9:30am Gentle Stretching CCR 10:30am Exercises CCR 11:15am iPad help CR 1pm White Cane Club CCR 2pm Walk @ Lazo Marsh 7pm Crib 4F 7pm "The Hour" Series TH</p>	<p>4 9:30am Flu Clinic Craft Room 10:30am Exercises Video CCR 10am Choir Practice TH 2pm Berwick's Casino CK 6:45pm Bingo 4F 7pm Philosophers' Café CCR</p>	<p>5 9:30am Valley View School Debra's Class 2pm Cluster Group CCR 2pm Shopping Walmart 4:30pm Dinners will be delivered 5:45pm Private Ryan (Remember you must have a</p>	<p>6 9:30am Osteofit CCR 10:30am Exercises CCR 11-4pm Card Sale with Lee CR 2pm Avon CR 3pm Happy Hour GR 7pm Mad Men TH</p>	<p>7 9:30am Pancake Breakfast at The Comox Seniors' Centre \$5 10:30am Exercises CCR 1:30pm Scenic Drive 3pm Yahtzee CR 7pm Movie TH</p>
<p>8 10am Church CCR 1:30pm Board Games 4F 2:30 pm Music & Wine 4F 7pm Movie TH</p>	<p>9 9:30am Osteofit CCR 10:30am Exercises CCR 11:15am Coachman for Lunch 2pm Walker repair CCR 6:45pm Bridge 4F 7pm Father Brown Series TH</p>	<p>10 9:30am Gentle Stretching 10:30am Exercises CCR 11:15am I pad help CR 11am Gordon Hearing CR 7pm Crib 4F 7pm "The Hour" Series TH</p>	<p>11 Remembrance Day Service @ 10:00 on 4th Floor Lounge Service starts @ 10:45</p>	<p>12 4th Floor Carpet cleaning 9:30am Valley View School Karen's Class 11am Connect Hearing CK 2pm Shopping London Drugs 2pm Gentle Stretching CCR 7pm Euchre 4F</p>	<p>13 9:30am Osteofit CCR 10:30am Exercises CCR 2pm Courtenay Museum Presentation TH 3pm Happy Hour GR 7pm Mad Men TH</p>	<p>14 10:30am Exercises CCR 1:30 Sing-a-long Scenic Drive with a stop 2pm Documentary TH 7pm Movie TH</p>
<p>15 10am Church CCR 1:30pm Board Games 4F 2pm Documentary TH 7pm Movie TH</p>	<p>16 9:30am Osteofit CCR 10:30am Exercises CCR 2pm Mystery Drive 6:45pm Bridge 4F 7pm Father Brown Series TH</p>	<p>17 9:30am Shopping in Nanaimo 9:30am Gentle Stretching CCR 10:30am Exercises CCR 2pm Entertainment Hour CCR 7pm Crib 4F</p>	<p>18 9:30am Osteofit CCR 10:30am Exercises CCR 10am Choir Practice TH 12:30pm Special Lunch "AFRICA" 2pm Berwick's Casino CK 6:45pm Bingo 4F</p>	<p>19 9am To Valley View to see the Kindergarten Students 2pm Shopping Walmart/ Bulk Barn 2pm Gentle Stretching CCR 7pm Euchre 4F</p>	<p>20 9:30am Osteofit CCR 10:30am Exercises CCR 2pm Avon CR 3pm Happy Hour GR 7pm Mad Men TH</p>	<p>21 10:30am Exercises CCR 1:30pm Scenic Drive 3pm Yahtzee CR 7pm Movie TH</p>
<p>22 10am Church CCR 1:30pm Board Games 4F 2:30pm Music & Wine 4F 7pm Movie TH</p>	<p>23 9:30am Osteofit CCR 10:30am Exercises CCR 11:15am Lunch at the Casino 2pm Library Presentation on Audio Books CCR 6:45pm Bridge 4F 7pm Father Brown Series TH</p>	<p>24 9:30am Gentle Stretching CCR 10:30am Exercises CCR 2pm Wreath Making CR 7pm Crib 4F 7pm "The Hour" Series TH</p>	<p>25 9:30am Osteofit CCR 10:30am Exercises CCR 10am Choir Practice TH 2pm Wreath Making CR 6:45pm Bingo 4F</p>	<p>26 10:30am Exercises CCR 1:30pm Floor Meeting 1&2 CCR 3pm Floor Meeting 3&4 CCR 7pm Euchre 4F 7pm Mr. Selfridge TH</p>	<p>27 9:30am Osteofit CCR 10:30am Exercises CCR 11:15am Lunch at the Driftwood for Chinese Food 2:00pm Foot Care Presentation 3pm Happy Hour GR</p>	<p>28 10:30am Exercises CCR 1:30pm Scenic Drive with a stop 2pm Documentary TH 7pm Movie TH</p>
<p>29 10am Church CCR 1pm "Through the Eyes of a Child" CV Concert Band \$5 @ Evergreen Centre 5pm GREY CUP TH 5pm Birthday Dinner PD</p>	<p>30 Setting up Christmas 10:30am Exercises Video CCR 6:45pm Bridge 4F 7pm Father Brown Series TH</p>					