

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|--|--|---|
| <p>1 TIME CHANGE ~SET CLOCKS 1 HOUR BACK 9:30 Coffee & Your Stories (G/R) 11:00 Circuit Training (Z/R) 1:30 Afternoon Drive 3:30 Afternoon Bingo (G/R) 7:00 Evening Movie ~ "McFarland" (Theatre)</p> | <p>2 9:30 Brio Body & Mind (S/L) 10:00 Knitting Group (Lib) 11:00 Exercises (Z/R) 2:00 Make a Wreath to take to Hillcrest Elementary (G/R) 3:00 Ice Cream Floats (G/R) 3:45 Father Brown (Th)</p> | <p>3 9:30 Strength Training (Z/R) 9:45 University Hgts 10:15 Ball Fitness (S/L) 11 (Z/R) 1:30 Concert by University Music Students (G/R) 2:45 Nov Resident Meeting (D/R) 4:00 Horse Racing (G/R)</p> | <p>4 Flu Shots (Great Room) Starting at 10 am Make your appt at Recreation 9:30 Communion (Lib) 11:00 Exercises (Z/R) 2:30 Sing Along with Lyn (S/L) 3:45 Secrets of Her Majesty's Secret Service (Th)</p> | <p>5 10:00 Documentary (Th) 11:00 Chair Yoga (Z/R) 2:00 Giant Crosswords (G/R) 3:15 Trip to the IMAX "Mysteries of the Unseen World" (\$9.75) 7:00 Bingo (G/R)</p> | <p>6 9:30 & 11 Exercises (Z/R) 10:15 Brio Exercises (S/L) 1:30 Musical Movie (Th) "Stormy Weather" 1:45 Trip to Goldstream to see the Salmon Run 4:00 Cocktail Hour with Marty Adams (G/R)</p> | <p>7 9:45 Brio Exercises (S/L) 10 Mexican Train Dominos (G/R) 10:00 Billiards (G/R) 11:00 Exercises (Z/R) 1:30 Afternoon Drive to Sidney 3:45 Trivia Hour (Gm/R)</p> |
| <p>8 9:30 Coffee & Your Stories G/R 11:00 Circuit Training (Z/R) 1:15-3:00 Hillside Mall 3:30 Afternoon Bingo (G/R) 7:00 Evening Movie "It's Complicated" (Theatre)</p> | <p>9 9:30 Brio Body & Mind (S/L) 11:00 Exercises (Z/R) 2:00 Concert & Tea with "The Melodears" (G/R) 3:45 Father Brown (Theatre)</p> | <p>10 10:00 Trip to Hillcrest Elem Remembrance Day Ceremony (Sign up at Rec) 11 Exercises w/ Blanche (Gm/R) 1:30 University Hgts/Banks 2:45 Wii Bowling (G/R) 4:00 Cocktail Hour with Allan (G/R)</p> | <p>11 REMEMBRANCE DAY 10:30 Remembrance Day Service (Dining Room) 11:30 Remembrance Day Levy with Richard Bird (G/R)</p> | <p>12 9:30 Communion (lib) 10:00 Documentary (Th) 11:00 Chair Yoga (Z/R) 2:00 Hymn Sing w/ Joan (G/R) 3:00 Hot Apple Cider (G/r) 4:00 Word Games (G/R) 7:00 Bingo (G/R)</p> | <p>13 9:30 Exercises (Z/R) 11:00 Exercises (Z/R) 10:15 Brio Exercises (S/L) 1:30 Brio Drive 4:00 Cocktail Hour with Steve Bolger (G/R)</p> | <p>14 9:45 Brio Exercises (S/L) 10 Mexican Train Dominos (G/R) 10:00 Billiards (G/R) 11:00 Exercises (Z/R) 2:00 Bell Choir with Gwendolyn Lush (G/R) 3:45 Trivia Hour (Gm/R)</p> |
| <p>15 9:30 Coffee & Your Stories 11:00 Circuit Training (Z/R) 1:30 Afternoon Drive ~ Esquimalt Lagoon 3:30 Afternoon Bingo (G/R) 7:00 Evening Movie "Pride & Prejudice" (Theatre)</p> | <p>16 9:30 Brio Body & Mind (S/L) 10:00 Knitting Group (Lib) 1:30 Trip to Butterfly Gardens In Brentwood (\$8.40) 2:30 Sing Along with Lyn (S/L) 3:45 Father Brown (Theatre)</p> | <p>17 9:30 Strength Training (Z/R) 9:45 University Hgts 10:15 Ball Fitness (S/L) 11 (Z/R) 2:00 Progressive Painting With Melissa (G/R) 3:30 Joy of Music Program (Th)</p> | <p>18 9:30 Communion (Lib) 9:30 Body & Brain Fitness (Z/R) 11:00 Exercises (Z/R) 1:45 Performance by Maria Montessori School (D/R) 4:30 Men's Hockey Dinner (G/R) (Sign up at the Recreation Office)</p> | <p>19 10 Documentary (Th) 11 Yoga (Z/R) 10:00 Newcomer's Coffee (P/D/R) 12:30 Lunch Out at Cordova Bay Golf Course 2:00 "Beyond the Edge" (Th) 5:00-8:30 Christmas Sale (Main Lounge & Great Rm)</p> | <p>20 9:30 & 11 Exercises (Z/R) 10:15 Brio Exercises (S/L) 2:00 UVic Speaker (Theatre) "Popular Myths about Art & Artists" Dr. Dalton 4:00 Cocktail Hour with Kevin Frye (G/R)</p> | <p>21 10:00 Pet Visitors (M/L) 10 Mexican Train Dominos (G/R) 11:00 Exercises (Z/R) 1:30 Saturday Matinee (Th) "Imitation Game" 1:45 Brio Tea "Occupations" 3:45 Trivia Hour (Gm/R)</p> |
| <p>22 9:30 Coffee & Your Stories (G/R) 11:00 Circuit Training (Z/R) 1:30 Afternoon Drive 3:30 Afternoon Bingo (G/R) 7:00 Evening Movie "The First Wives Club" (Th)</p> | <p>23 9:30 Brio Mind & Body (S/L) 11:00 Exercises (Z/R) 2:00 Concert & Tea "The Goward House Singers" (D/R) 3:45 Father Brown (Theatre)</p> | <p>24 9:30 Strength Training (Z/R) 9:45 University Hgts/Banks 10:00 Nexgen Hearing Appts (Lib) 10:15 Ball Fitness (S/L) 11 (Z/R) 2:00 Nov. Health Talk ~ Improve your Immune System w/ Hand Reflexology 4:00 Cocktail Hour w/Steve (G/R)</p> | <p>25 9:30 Communion (Lib) 11:00 Ball Fitness (Z/R) 1:15 Blood Pressure Clinic (S/L) 2:15 History Talk with Dean Helm "Words, Words, Words" (Th) 3:30 Superfood Presentation (G/R) 4:15 Horse Racing (M/L)</p> | <p>26 10 Documentary (Th) 11 Yoga (Z/R) 2:30 Yuletide Traditions of Christmas Past & Tea with Margaret Springer (D/R) 4:00 Giant Crosswords (G/R) 7:00 Bingo (G/R)</p> | <p>27 9:30 & 11 Exercises (Z/R) 10:15 Brio Exercises (S/L) 2:00 Autumn Floral Demo with Rob Jennings (G/R) 4:00 Cocktail Hour with "Old Crow" (G/R)</p> | <p>28 9:45 Brio Exercises (S/L) 10 Mexican Train Dominos (G/R) 10:15 ~ 12:00 Tillicum Mall 10 Billiards (G/R) 11 Exercises (Z/R) 2 Making Christmas Cards (G/R) 3:00 Mocha's (G/R) 3:45 Trivia Hour (Gm/R)</p> |
| <p>29 9:30 Coffee & Your Stories 11:00 Circuit Training (Z/R) 1:30~3 Painting w/ Shanna (Gm/R) 1:45 Afternoon Drive 3:30 Afternoon Bingo (G/R) 7:00 Evening Movie "Magic in Moonlight" (Theatre)</p> | <p>30 9:30 Deck the Halls (S/L) 10:00 Knitting Group (Lib) 11:00 Exercises (Z/R) 2:00 November Birthday Gala with "The Sassy Songsters" (G/R) 3:45 Father Brown (Theatre)</p> | <p>"NEW" Sunday Movie Nights at 7:00 pm in the Theatre Come watch a show! More Cocktail hours, join us on Tuesdays, Nov 10th & 24th 4- 5 in the G/R!</p> | <p>Murder Mondays "Father Brown" 3:45 (Th) Thursday Documentaries "Human Planet" at 10 am (Th) Tuck Shop on 2nd Floor Open Mon/Wed/Fri 11:30~ 12:00</p> | <p>Card Games In the Gm/R Monday ~ Cribbage 7pm Wednesday ~ Bridge 7pm Saturday ~ Bridge 1:30 pm Please sign up for these games at the Recreation Office. Saturday —Mexican Train Dominos 10 am (G/R)</p> | <p>November Display Case Please bring to the Recreation Office your family veteran photo's, to display and honour. Thank you</p> | <p>ROOM ABBREVIATIONS: GREAT ROOM (G/R) LIBRARY (LIB) DINING ROOM (D/R) SOCIAL LOUNGE (S/L) ZOOM ROOM (ZR) THEATRE (TH) GAMES ROOM (GM/R) PRIVATE D/R (PDR)</p> |