






November
2018

Older
Wiser
Livelier
Seniors



* Programs may be
subject to change

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	LIONS PLACE ADULT DAY CLUB
	Having a Hoot with Halloween				Daily Schedule 10:00 Arrival 10:00-11:00 Morningside (including coffee/tea & a muffin) 11:00-12:00 Physical Fitness -Walk-a-lap -Warm-up, Cardio & Cool Down 12:00-1:00 Juice & Mental Fitness 1:00-2:00 Hot Lunch 2:00-2:30 Rest & Relaxation 2:30-3:15 Recreation (Bowling) 3:15-3:30 Juice & Sharing Circle 3:30-3:45 Transit Downstairs 3:45 Departure
	Presentation: Discover Owls Complete Pumpkin Lanterns 30	Crossways & Common Day Care & Entertainment 31	Music Program  Create Snowflakes for Santa Claus Parade 1	Music Program  Create Snowflakes for Santa Claus Parade 2	
	Honouring Remembrance Day				
	Tonechimes Bake Lemon Poppy Seed Loaf WWI 100th Anniversary Coin 6	Tonechimes  Bake Lemon Poppy Seed Loaf WWI 100th Anniversary Coin 7	Tonechimes Bake Lemon Poppy Seed Loaf WWI 100th Anniversary Coin 8	Remembrance Day Service Bake Lemon Poppy Seed Loaf WWI 100th Anniversary Coin 9	
	Reflecting on Our Past: Traveling Through our Younger Years				
	Owl Shadow Art Travelin' Tunes  13	Presentation: MB Camera Club Travelin' Tunes 14	Presentation: Bee Keeper Travelin' Tunes  15	Owl Shadow Art Travelin' Tunes 16	
	Reflecting on Our Past: The Influence of Family				
	Presentation: Wonder of Language Family Tunes 20	Owl Shadow Art Family Tunes  21	Owl Shadow Art Family Tunes 22	Presentation: Art Gallery Family Tunes Gordon Bell EAL Students 23	
	Reflecting on Our Past: A Lifetime of Knowledge				
	Owl Hanging Door Prize Bowling Outing  27	Music Program Owl Hanging Door Prize 28	Owl Hanging Door Prize Bowling Outing  29	Music Program Owl Hanging Door Prize 30	