November 2022

Costain Court Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
There can be no dedication to Canada's future without a knowledge of its past ~John Diefenbaker		**1** 10:00 Bean bag toss 10:45 Bible study 11:30 Chicken soup for the soul 1:30 Recreation visit's 2:15 All about… 3:15 Exercise (Jess) 4:15 Recreation visit's 6:00 News 6:45 Deal or no deal	**2** 10:15 Church on the home area 11:00 Exercise 1:30 Balcony visit's 2:15 Armchair travels 3:00 Outdoor stroll's	**3** 10:00 Laughter is the best medicine 10:30 family facetime 10:45 Recreation visit's 11:30 Beauty boutique 1:30 Exercise 2;15 Shuffleboard 3:00 Devotional reading	**4** 10:00 Bingo 10:45 Ladies club 11:30Animal documentary 1:30 Video exercises 2:15 Hymn sing 3:00 Creative coloring	**5** 1:30 Box of question's 2:15 Dice game
6 1:30 All about… 2:15 Documentary Daylight Saving Time Ends	**7** 10:30 growing with friends 11:15 bean bag toss 1:30 rosary 2:15 Getting to know… 3:00 Recreation visit's	**8** 10:00 We'll never forget 10:45 Virtual church service 11:30 guided meditation 1:30 recreation visit's 2:15 Balcony visit's 3:15 Exercise (jess) 4:15News 6:00 Box of questions 6:45Animal documentary	**9** 10:15 Church on the home area 11:00 Exercise 1:30 Poppy coloring 2:15 iPad visit's 3:00 outdoor stroll's	**10** 10:00 Remembrance Day wordsearch 10:30 Family facetime 10:45 Recreation visit's 11:30 Beauty boutique 1:30 Exercise 2:15 Shuffleboard 3:00 Remembrance Day secret quote	**11** 11:00 Remembrance Day RA service Veterans Day Remembrance Day (Canada)	**12** 1:30 Ladies club 2:15 Monthly gazette
13 1:30 News 2:15 Name that tune	**14** Christmas Decorating Day!!	**15** 10:00 Morning Drive 1:30 recreation visit's 2:15 box of question's 3:15 Exercise (Jess) 4:15 Recreation visit's 6:00 Ladies club 6:45 Resident program choice meeting	**16** 10:15 Church on the home area 11:00 Exercise 1:30 resident council meeting 2:15 Read with me 3:00 Outdoor stroll's	**17** 10:00 All About… 10:30 Facetime 10:45Animal Documentary 11:30Armchair travels 1:30 Exercise 2:15 Shuffleboard 3:00 devotional reading	**18** 10:00 Bingo 10:45 Beauty boutique 11:30Armchair travels 2:15 Hymn sing 3:00 Shake loose a memory	**19** 1:30 News 2:15 Trivia
20 1:30 Box of question's 2:15 who/what am i?	**21** 10:30 Mixed up 11:15 Bean bag toss 1:30 Rosary 2:15 Sing-a-long with Susie Q 3:00 Recreation visit's	**22** 10:00 Shuffleboard 10:45 Virtual church service 11:30 Travelling tunes 1:30 Recreation visit's 2:15 All about… 3:15 Exercise (Jess) 4:15 Recreation visit's 6:00 News 6:45 Trivial pursuit	**23** 10:15 Church on the home area 11:00 Exercise 1:30 Beauty boutique 2:15 Birthday card club 3:00 Video exercises	**24** 10:00 Poetry corner 10:30 Family facetime 11:00 Catholic mass in the chapel 1:30 Exercise 2:15 OBIE 3:00 Bible study Thanksgiving Day (US)	**25** 10:00 Bingo 10:45 Ladies club 11:30 Entertainment 1:30 shuffleboard 2:15 Devotional reading 3:00 Live concert	**26** 1:30 Box of question's 2:15 Who wants to be a millionaire?
27 1:30 All about… 2:15 Crack the case	**28** 10:30 Shut the box 11:15 Video exercises 1:30 Hymn sing 2:15 Storytelling 3:00 Recreation visit's	**29** 10:00 Morning Drive 1:30 Recreation visit 2:15 Beauty boutique 3:15 Exercise (Jess) 4:15 Armchair travels 6:00 Bingo 6:45 Deal or no deal	**30** 10:15 Church on the home area 11:00 Exercise 1:30 Ladies club 2:15 Scattergories 3:00 shuffleboard			

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