

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Monday's Spiritual Care Provider John is in 9:00am-12:00pm</b>	9:30 Pump it Up <b>1</b> 11:15 Ball Games in the Atrium <b>2:00 German Hour</b> 5:45 Meditation & Relaxation	9:15 Stretch & Relax <b>2</b> 10:30 Word Games 1:15 Music & Memories <b>1:30 Scenic Drive</b> <b>2:15 Art Studio</b> 3:30 Mobile Tuck Shop 3:30 Classical Music Hour	9:30 Pump it Up <b>3</b> 10:30 Java Music Club 1:15 Sing Along with River 1:30 Open Leisure 3:00 Bingo 6:15 Sports Night on TV	9:30 Fun N' Fitness <b>4</b> 10:30 Word Games 10:30 Java Music Club <b>1:30 Movie Matinee</b> 3:00 Beauty Group 3:45 Musical Wish Hour 4:00 Mobile Tucks Shop 6:00 Evening Music	9:30 Stretch & Relax <b>5</b> 10:30 Friendly Visits 10:30 Sensory Alive 10:30 Chinese Music Hour 1:30 Shuffleboard <b>3:00 Pub Social with Music</b> 5:30 Movie Night	9:30 Fun N' Fitness <b>6</b> <b>10:00 Virtual Mass</b> 11:00 Friendly Visits <b>2:00 Remembrance Day Concert with Lorraine Smith</b>
9:30 Stretch & Relax <b>7</b> 10:00 News N' Views <b>11:15 Christian Corner</b> 1:30 Crossword 3:00 Creative Corner  <small>Daylight Saving Time Ends</small>	9:30 Pump it Up <b>8</b> 11:15 Ball Games in the Atrium 1:15 Brain Games <b>2:00 German Hour</b> 5:45 Meditation & Relaxation	9:15 Stretch & Relax <b>9</b> 10:30 Word Games 10:30 Sensory Alive <b>1:30 Remembrance Day Ceremony</b> <b>2:15 Art Studio</b> 3:30 Mobile Tuck Shop 3:30 Rock N' Roll Music Hour	9:30 Pump it Up <b>10</b> 10:30 Java Music Club 1:15 Sing Along with River 1:30 Creative Corner 3:00 Bingo <b>5:00 Dinner Club-Thai Food</b>	9:30 Fun N' Fitness <b>11</b> 10:30 Java Music Club <b>1:30 Remembrance Day Program</b>  <small>Veterans Day Remembrance Day (Canada)</small>	9:30 Stretch & Relax <b>12</b> 10:30 Friendly Visits 10:30 Chinese Music Hour 1:30 Open Leisure <b>3:00 Pub Social with Music</b> 5:30 Movie Night	9:30 Fun N' Fitness <b>13</b> <b>10:00 Virtual c Mass</b> 11:00 Friendly Visits <b>2:00 Bobby Bucchas Concert</b> 5:45 Open Leisure
9:30 Stretch & Relax <b>14</b> 10:00 News N' Views <b>11:15 Christian Corner</b> 1:30 Crossword 3:00 Creative Corner	9:30 Pump it Up <b>15</b> 11:15 Ball Games in the Atrium 1:15 Brain Games <b>2:00 German Hour</b> 5:45 Meditation & Relaxation	9:15 Stretch & Relax <b>16</b> 10:30 Sensory Alive 1:15 Music & Memories 1:30 Christmas Decorating <b>1:30 Scenic Drive</b> <b>2:15 Art Studio</b> 3:30 Mobile Tuck Shop 3:30 Jazz Hour	9:30 Pump it Up <b>17</b> 10:30 Java Music Club 1:15 Sing Along with River 1:30 Christmas Decorating 3:00 Bingo 6:15 YouTube Music Night!	9:30 Fun N' Fitness <b>18</b> 1:30 Christmas Decorating <b>1:30 Armchair Travel to Croatia</b> 3:00 Beauty Group 3:45 Musical Wish Hour 4:00 Mobile Tucks Shop 6:00 Evening Music	9:30 Stretch & Relax <b>19</b> 10:30 Friendly Visits 10:30 Sensory Alive 10:30 Chinese Music Hour 1:30 Shuffle Board <b>3:00 Pub Social with Music</b> 5:30 Movie Night	<b>Virtual Christmas Fest www.gcch.ca</b> <b>11-3pm Food and Auction pickup in the Atrium</b> 9:30 Fun N' Fitness <b>10:00 Virtual Mass</b> <b>2:00 Concert with Peter Campbell in the Lounge</b> 5:45 Open Leisure
9:30 Stretch & Relax <b>21</b> 10:00 News N' Views <b>11:15 Christian Corner</b> <b>2:00 Classical Music in the Atrium</b>	9:30 Pump it Up <b>22</b> 11:15 Ball Games in the Atrium 1:15 Brain Games <b>2:00 German Hour</b> 5:45 Meditation & Relaxation	9:15 Stretch & Relax <b>23</b> 10:30 Word Games 1:15 Music & Memories <b>2:15 Art Studio</b> <b>2:30 Birthday Party</b> 3:30 Mobile Tuck Shop 3:30 Classical Music Hour <b>5:00 Fine Dining Experience</b>	9:30 Pump it Up <b>24</b> 10:30 Java Music Club 1:15 Sing Along with River 1:30 Creative Corner 3:00 Bingo 6:15 Sports Night on TV	9:30 Fun N' Fitness <b>25</b> 10:30 Word Games 10:30 Java Music Club 1:30 Brain Games 3:00 Beauty Group 3:45 Musical Wish Hour 4:00 Mobile Tucks Shop 6:00 Evening Music  <small>Thanksgiving Day</small>	9:30 Stretch & Relax <b>26</b> 10:30 Sensory Alive 10:30 Friendly Visits 10:30 Chinese Music Hour 1:30 Shuffle Board <b>3:00 Pub Social with Music</b> 5:30 Movie Night	9:30 Fun N' Fitness <b>27</b> <b>10:00 Virtual Mass</b> <b>2:00 Concert with Brian Zalo in the Lounge</b> 5:45 Open Leisure
9:30 Stretch & Relax <b>28</b> 10:00 News N' Views <b>11:15 Christian Corner</b> <b>1:30 Christmas Tree Decorating &amp; Movie</b>  <small>Hanukkah Begins</small>	9:30 Pump it Up <b>29</b> 11:15 Ball Games in the Atrium 1:15 Brain Games <b>2:00 German Hour</b> 5:45 Meditation & Relaxation	9:15 Stretch & Relax <b>30</b> 10:30 Word Games 10:30 Sensory Alive 1:15 Music & Memories <b>11:30 Lunch Trip</b> <b>2:15 Art Studio</b> 3:30 Mobile Tuck Shop 3:30 Rock N' Roll Music Hour	<h1>November 2021</h1> <h2>Hamburg, Frankfurt &amp; Dresden Haus</h2>			