



November 2017 – Falls prevention month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Donations of <i>NEW items</i> for the penny table or items for the white elephant table can be dropped off anytime. Your donations for the bake table would also be gratefully appreciated.</p>			<p>1 soup & sandwich @ 11:30</p> <p>social day</p>	<p>2 Diners' club – noon Roast pork</p> <p>exercise with Zofia 10:30 in the heritage room</p>	<p>3 stand up exercise with Mila @10:30</p>	<p>4 breakfast 9am – tenants' lounge <i>daylight savings time– before going to bed turn your clock back one hour</i></p>
5	<p>6 exercise with Marika @ 10:30 in heritage room</p> <p>movie – Ukrainian National Millennium @ 1:30</p>	<p>7 Celebration of remembrance -reception to follow in Great Hall @ 10:30am</p> 	<p>8 soup & sandwich @ 11:30</p> <p>social day</p>	<p>9 Diners' club – noon Meat loaf</p> <p>exercise with Zofia 10:30 in the heritage room</p>	<p>10 stand up exercise with Mila @10:30</p>	<p>11 Remembrance day breakfast 9am – tenants' lounge</p>
12	<p>13 exercise with Marika @ 10:30 in heritage room potato prep</p> <p>Presentation by The Rising Stars @ 1:30</p>	<p>14 pyrohy workshop</p>	<p>15 soup & sandwich @ 11:30</p> <p>social day</p>	<p>16 Diners' club – noon Lasagna & sausage</p> <p>exercise with Zofia 10:30 in the heritage room</p>	<p>17 stand up exercise with Mila @10:30</p>	<p>18 breakfast 9am – tenants' lounge</p>
19	<p>20 exercise with Marika @ 10:30 in heritage room</p> <p>music with friends @ 1:30</p>	<p>21 holubtsi workshop</p>	<p>22 soup & sandwich @ 11:30</p> <p>social day</p>	<p>23 Diners' club – noon Chicken</p> <p>exercise with Zofia 10:30 in the heritage room</p>	<p>24 stand up exercise with Mila @10:30</p>	<p>25 breakfast 9am – tenants' lounge</p>
26	<p>27 exercise with Marika @ 10:30 in heritage room</p> <p>Movie – TBA @ 1:30</p>	<p>28 casserole</p>	<p>29 soup & sandwich @ 11:30</p> <p>social day</p> <p>birthdays</p> 	<p>30 Diners' club – noon Fish</p> <p>exercise with Zofia 10:30 in the heritage room</p>		