

Sunday

Monday

Tuesday

Wednesday



Thursday

Friday

Saturday

# November 2023

## Community Outreach

			Exercise & Falls Prevention 1 BW – 10am  The Importance of Hearing Health with Kadanna from Hear Well Be Well – RR 2pm  Community Footcare – (by appt.)	Exercise & Falls Prevention 2 MW – 10am  Tabletop Shuffleboard – BW 2pm  Community Footcare – (by appt.)	Exercise & Falls Prevention 3 GN – 10am CANCELLED  Exercise & Falls Prevention – BW – 10am  Frozen Meal Back in Time Orders Due								
5	Home Support Exercise MW – 10:30am  Grocery Delivery – 2pm	6	Exercise & Falls Prevention 7 MW – 10am  Tiered Exercise Program – BW – 11am  Blood Pressure Clinic – BW 2 pm	8	Exercise & Falls Prevention 8 BW – 10am  Cards – BW 2pm  Community Meal Delivery – Sunshine Restaurant – Zurich	9	Exercise & Falls Prevention 9 MW – 10am  Tabletop Shuffleboard – MW 2pm  Frozen Meal Orders Delivered between 9 – 10am	10	Exercise & Falls Prevention 10 GN – 10am	11	 REMEMBRANCE DAY  Veterans Day Remembrance Day (Canada)		
12	Home Support Exercise MW – 10:30am  Tenzi Game – BW 11am  Grocery Delivery – 2pm  <small>Diwali (Hindi)</small>	13	Exercise & Falls Prevention 14 MW – 10am  Tiered Exercise Program – BW – 11am  Jeopardy – MW 2pm	14	Exercise & Falls Prevention 15 BW – 10am  Guest Speaker Kate Mason on Falls Prevention – RR 2pm	15	Exercise & Falls Prevention 16 MW – 10am  Community Meal Delivery – Paddington's – Grand Bend	16	Exercise & Falls Prevention 17 GN – 10am	17	Exercise & Falls Prevention 18 GN – 10am	18	
19	Home Support Exercise MW – 10:30am CANCELLED  Grocery Delivery – 2pm	20	Exercise & Falls Prevention 21 MW – 10am  Tiered Exercise Program – BW – 11am  Connect 4 – BW 2pm	21	Exercise & Falls Prevention 22 BW – 10am Community Meal Delivery – Robinson's Café - Exeter Come experience Joy, Healing, and magic of Rhythm Drumming Circle with Facilitator Sheila Horrell – RR 2pm	22	Exercise & Falls Prevention 23 MW – 10am  Blood Pressure Clinic – MW 2 pm  <small>Thanksgiving Day (US)</small>	23	Exercise & Falls Prevention 24 GN – 10am  Tiered Exercise Program – BW – 11am	24	Exercise & Falls Prevention 25 GN – 10am  Christmas Bazaar – 9am - 1pm	25	
26	Home Support Exercise MW – 10:30am  Grocery Delivery – 2pm	27	Exercise & Falls Prevention 28 MW – 10am  Tiered Exercise Program – BW – 11am  Bingo – MW 2pm	28	Exercise & Falls Prevention 29 BW – 10am  Bingo – BW 3pm	29	Exercise & Falls Prevention 30 MW – 10am  Dice Game – MW 2pm	30	Exercise & Falls Prevention 30 MW – 10am	Programs Subject to Change!  Community Outreach 519-236-4373 Ext. 632			

