










Gladstone Seniors Residence **November 2020**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 SUNDAY BRUNCH Clean wheelchairs and walkers (C1)	2 9:30 Lower Body 2:00 WHIST  Eleanor	3 9:30 Upper Body 2:00 CARD BINGO	4 9:30 Lower Body 11:00 ROSARY 2:00 WHEEL OF FORTUNE  Ann A.	5 9:30 Upper Body 2:00 BINGO	6 9:30 Lower Body 2:00 Memories of those who served	7 Clean wheelchairs and walkers (C1)
8 SUNDAY BRUNCH Clean wheelchairs and walkers (C1)	9 9:30 Upper Body 2:00 CARD BINGO	10 9:30 Lower Body 2:00 Remembrance Day Service	11 REMEMBRANCE DAY 	12 9:30 Upper Body 2:00 INDIA DAY	13 9:30 Lower Body 2:00 BINGO	14 Clean wheelchairs and walkers (C1)
15 SUNDAY BRUNCH Clean wheelchairs and walkers (C1)	16 9:30 Upper Body 2:00 YAHTZEE	17 9:30 Lower Body 2:00 CARD BINGO	18 9:30 Upper Body 11:00 ROSARY 2:00 BEAN BAG TOSS	19 9:30 Lower Body 2:00 BINGO	20 9:30 Upper Body 2:00 WHIST	21 Clean wheelchairs and walkers (C1)
22 SUNDAY BRUNCH Clean wheelchairs and walkers (C1)	23 9:30 Lower Body 2:00 CARD BINGO	24 9:30 Upper Body 2:00 CHARADES  Walter	25 9:30 Lower Body 11:00 ROSARY 2:00 BINGO	26 9:30 Upper Body 2:00 Christmas Decorating MONTHLY WEIGHTS	27 9:30 Lower Body 2:00 Christmas Decorating	28 Clean wheelchairs and walkers (C1)
29 SUNDAY BRUNCH Clean wheelchairs and walkers (C1)	30 9:30 Upper Body 2:00 CRAFT				<p>Activities may change on daily basis due to weather, cancellations or last minute changes or additions. Activities are for our residents only.</p>	