



Gladstone Seniors Residence NOVEMBER 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 1px solid black; padding: 5px; width: fit-content;"> Activities may change on daily basis due to weather, cancellations or last minute changes or additions. </div>					1 9:30 Lower Body Strength 2:00 BEAN BAG TOSS	2 PAMPERING YOUR NAILS ELEANOR
3 SUNDAY BRUNCH Family and friends welcome 24 hour notice	4 9:30 Upper Body Strength 2:00 BINGO ANN A.	5 9:30 Lower Body Strength 2:00 REMEMBRANCE DAY CEREMONY	6 9:30 Upper Body Strength 11:00 Rosary 2:30 FATHER LOUIE	7 9:30 Lower Body Strength 2:00 CRAFT	8 9:30 Lower Body Strength 2:00 Remember When...	9
10 SUNDAY BRUNCH Family and friends welcome 24 hour notice HILDA	11 Remembrance Day 	12 9:30 Lower Body Strength 2:00 WHIST	13 9:30 Upper Body Strength 11:00 Rosary 2:00 BINGO	14 9:30 Lower Body Strength 11:00 ST. MARY'S 2:00 Sing-along with Amil ALEX	15 9:30 Upper Body Strength 2:00 Oystrick Brothers	16 PAMPERING YOUR NAILS
17 SUNDAY BRUNCH Family and friends welcome 24 hour notice	18 9:30 Upper Body Strength 2:00 WHEEL OF FORTUNE	19 9:30 Lower Body Strength 2:00 Entertainment with Gerry	20 9:30 Upper Body Strength 11:00 Rosary 2:00 BINGO	21 9:30 Lower Body Strength 2:00 BOWLING	22 9:30 Lower Body Strength 2:00 WHIST	23
24 SUNDAY BRUNCH Family and friends welcome 24 hour notice	25 9:30 Upper Body Strength 2:00 BINGO	26 9:30 Lower Body Strength 2:00 BIRTHDAY PARTY 	27 9:30 Upper Body Strength 11:00 Rosary 2:00 CRAFT	28 9:30 Lower Body Strength 2:00 Christmas Decorating MONTHLY WEIGHTS	29 9:30 Upper Body Strength 2:00 Christmas Decorating	30 PAMPERING YOUR NAILS