






Gladstone Seniors Residence November 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activities may change on daily basis due to weather, cancellations or last minute additions.</p>		<p>Remembrance Day</p> 		<p>1 9:30 Flu Clinic in Dining Room 10:00 Friendly Visits 10:30 Lutheran Church 2:00 Nails</p>	<p>2 9:20 Walk the Chapel 9:30 Upper body strength 2:00 Bean Bag Toss</p>	<p>3 10:00 Walk the Halls with a friend 3:00 Coffee Group in Dining room</p>
<p>4 10:00 Walk the Chapel 2:00 Meet in the dining room for cards</p>	<p>5 9:20 Walk the Chapel 9:30 Upper body strength 10:00 Friendly Visits 2:00 Hangman</p>	<p>6 10:00 Remembrance Day Service 2:00 Card Corner</p>	<p>7 9:20 Walk the Chapel 9:30 Upper body strength 11:00 Rosary 2:30 Father Louie</p>	<p>8 9:20 Walk the Chapel 9:30 Lower body strength 11:00 St Mary's Church 2:00 Craft with Daycare Kids</p>	<p>9 9:20 Walk the Chapel 9:30 Upper body strength 10:00 Friendly Visits 2:00 Stain Glass Craft</p>	<p>10 10:00 Walk the Chapel 2:00 Enjoy the Library</p>
<p>11 10:00 Walk the Halls with a friend 3:00 Coffee Group in Dining room</p>	<p>12</p> 	<p>13 9:20 Walk the Chapel 9:30 Lower body strength 10:00 Friendly Visits 2:00 Card Corner</p>	<p>14 9:20 Walk the Chapel 9:30 Upper body strength 11:00 Rosary 2:00 Oystrick Brothers</p>	<p>15 9:20 Walk the Chapel 9:30 Lower body strength 10:00 Friendly Visits 11:00 St Mary's Church 2:00 Sing-a-long with Peter F.</p>	<p>16 9:20 Walk the Chapel 9:30 Upper body strength 2:00 sing-a-long with Eleanor</p>	<p>17 10:00 Walk the Halls with a friend 2:00 Meet a friend t the Shuffleboard table</p>
<p>18 10:00 Walk the Chapel 2:00 Enjoy the Library</p>	<p>19 9:20 Walk the Chapel 9:30 Upper body strength 10:00 Friendly Visits 2:00 Sing-a-long with Pearl</p>	<p>20 9:20 Walk the Chapel 9:30 Lower body strength 2:00 Card Corner</p>	<p>21 9:20 Walk the Chapel 9:30 Upper body strength 10:00 Friendly Visit 11:00 Rosary 2:00 Bingo</p>	<p>22 9:20 Walk the Chapel 9:30 Lower body strength 11:00 St Mary's Church 2:00 Nails</p>	<p>23 9:20 Walk the Chapel 9:30 Upper body strength 10:00 Friendly Visits 2:00 Yahtzee</p>	<p>24 10:00 Walk the Chapel 2:00 Meet in the dining room for cards</p>
<p>25 10:00 Walk the Halls with a friend 2:00 Meet a friend t the Shuffleboard table</p>	<p>26 9:20 Walk the Chapel 9:30 Upper body strength 2:00 Pet Therapy</p>	<p>27 9:20 Walk the Chapel 9:30 Lower body strength 10:00 Friendly Visits 2:00 Birthday party with George F.</p>	<p>28 9:20 Walk the Chapel 9:30 Upper body strength 11:00 Rosary 2:00 Card Bingo</p>	<p>29 9:20 Walk the Chapel 9:30 Lower body strength 10:00 Friendly Visits 11:00 St Mary's Church 1:30 Christmas Card Making</p>	<p>30 BP & WT Clinic 2:00 Boggle</p>	