

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2018

Apotex 5

Therapeutic Recreation Programs

November 2018 Apotex 5 Therapeutic Recreation Programs					Moving to Music 10:00- EI, 10:30- RF,11:00- GS Residents Choice 1:15- EI, 1:45- RF 2:15- GS	1	10:00-Reminiscence Poetry (GS) 10:30- Community Get Together (RF) 10:30-Trivia Discussion (EI) 1:45 - Welcoming Shabbat	2	SHABBAT SHALOM 			
Concert in Winter Garden 1: 30  Daylight Saving Time Ends	4	Gentle Fitness 10:00- EI, 10:30- GS, 3:00-RF 1:30 – Sing-along 6:30- Stretch and Strength (GS)	5	Movement for Health 10:00-EI, 10:30-RF 3:30EI Residents Choice 2:15 Chair Dancing Paw lovers Program 6:30-GS, 7:00 RF, 7:30- EI	6	9:30-Ipad Program(RF) 10:00-News and Views (EI) 11:00 Brain Fitness (GS) 1:30 - Tea and Talk with Sabina	7	Moving to Music 10:00- EI, 10:30- RF,11:00- GS Residents Choice 1:15- EI, 1:45- RF 2:15- GS	8	10:00-Reminiscence Poetry (GS) 10:30- Community Get Together (RF) 10:30-Trivia Discussion (EI) 1:45 - Welcoming Shabbat	9	SHABBAT SHALOM 
Concert in Winter Garden 1: 30  Veterans Day (US) Remembrance Day (Canada)	11	Gentle Fitness 10:00- EI, 10:30- GS, 3:00-RF 1:30 – Sing-along 6:30- Stretch and Strength (GS)	12	Movement for Health 10:00-EI, 10:30-RF 2:15 Chair Dancing 3:30RF Residents Choice Paw lovers Program 6:30-GS, 7:00 RF, 7:30-EI	13	9:30-Ipad Program(RF) 10:00-News and Views (RF) 11:00 Brain Fitness (EI) 1:30 - Tea and Talk with Sabina	14	Moving to Music 10:00- EI, 10:30- RF,11:00- GS Residents Choice 1:15- EI, 1:45- RF 2:15- GS	15	10:00-Reminiscence Poetry (GS) 10:30- Community Get Together (RF) 10:30-Trivia Discussion (EI) 1:45 - Welcoming Shabbat	16	SHABBAT SHALOM Walking Club 10:30 Trivia 1:30-EI, 2:00-RF, 2:30- GS
Concert in Winter Garden 1: 30 	18	Gentle Fitness 10:00- EI, 10:30- GS, 3:00-RF 1:30 – Sing-along 6:30- Stretch and Strength (GS)	19	2:15 Chair Dancing Movement for Health 4:00-EI, 4:30-RF Paw lovers Program 6:30-GS, 7:00 RF, 7:30-EI	20	9:30-Ipad Program(RF) 10:00-News and Views (GS) 11:00 Brain Fitness (RF) 1:30 Chair Dancing	21	10:00 Chair Dancing Hands On Exotics 1:30 p.m. rec. room Thanksgiving Day (US)	22	10:00-Reminiscence Poetry (GS) 10:45 Chair Dancing 10:30- Community Get Together (RF) 1:45 - Welcoming Shabbat	23	SHABBAT SHALOM 
Concert in Winter Garden 1: 30 	25	Gentle Fitness 10:00- EI, 10:30- GS, 3:00-RF 1:30 – Sing-along 6:30- Stretch and Strength (GS)	26	Movement for Health 10:00-EI, 10:30-RF 2:15 Chair Dancing 3:30GS Residents Choice Paw lovers Program 6:30-GS, 7:00 RF, 7:30-EI	27	9:30-Ipad Program (R) 10:00-News and Views (EI) 11:00 Brain Fitness (RF) 1:30 - Tea and Talk with Amber	28	Moving to Music 10:00- EI, 10:30- RF,11:00- GS Residents Choice 1:15- EI, 1:45- RF 2:15- GS	29	10:00-Reminiscence Poetry (GS) 10:30- Community Get Together (RF) 10:30-Trivia Discussion (EI) 1:45 - Welcoming Shabbat	30	Reminder: **Standard Time Begins - Nov 4th **Remembrance Day- Nov.11th Moment of silence at 11a.m **Hands on Exotics-Nov 22nd

If you have any questions or concerns, please contact Amber Cockburn, Recreationist ext. 6325 or Sabina Ntim, Recreationist ext. 5169.