

November 2017 Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>FALL BACK</p> <p>Daylight Saving Time Ends on November 5th Turn your clocks back one hour</p> 	<p>REMEMBRANCE DAY PROGRAM—November 11</p> <p>Calling veterans and others to share picture and experiences of the war years</p> <p>Please see Danya if you are interested in helping</p>	<p>FLU CLINIC</p> <p>Get your Flu Shot here at Summerhill on November 7 Please Sign up at Reception for an appointment time</p>	<p>1 11-4 PARC FIT with Hiroe</p> <p>1:00 Oakridge Mall Trip</p> <p>2:00 Scrabble 2:00 Sudoku & Crafts with Pat</p> <p>2:30 PARC FIT Video 7:00 Bingo</p>	<p>2</p> <p>10:30 PARC FIT Video</p> <p>3:30 Social Hour with The Sax of Us</p> <p>7:15 Meditation with Betty</p>	<p>3 10:30 Resident Biography follow up with St. Edmunds—2nd floor</p> <p>10:30 PARC FIT Video 11:00 Scenic Drive through Stanley Park and Lunch at the Sylvia Hotel</p> <p>1:30 Spa Utopia Massages 7:00 Cribbage</p>	<p>4</p> <p>10:30 Seated Yoga with Eleanor</p> <p>2:30 St. Johns— Dog Visits with Juno</p>
<p>5 Daylight Saving Time Ends</p> <p>10:30 Sit and Be Fit Video -Osteoporosis Workout</p> <p>2:00 Newsletter Meeting with Samantha</p>	<p>6</p> <p>9:30-3 PARC FIT Assessments with Hiroe</p> <p>10:30 PARC FIT Video (Stretch)</p> <p>2:00 Jokers are Wild</p> <p>6:45 Bridge</p>	<p>7 FLU CLINIC</p> <p>10:30 Chair Yoga with Danya</p> <p>2:00 Talk and Tips with Lorna</p> <p>2:00 Needleworking Group 6:30 Rummoli</p> <p>7:00 Inspirational Service with Chaplain Dan</p>	<p>8</p> <p>9:30-3 PARC FIT Assessments with Hiroe</p> <p>10:30 PARC FIT Video</p> <p>2:00 Scrabble 2:00 Sudoku & Crafts with Pat</p> <p>2-5 Shahla's Jewelry</p> <p>7:00 Bingo</p>	<p>9</p> <p>10:30 Capilano Mall Trip</p> <p>10:00 Foot Care with Ruba</p> <p>10:30 Gluu Technology—PDR</p> <p>10:30 PARC FIT Video 1:30 Afternoon Scenic Drive</p> <p>7:15 Meditation with Betty</p>	<p>10</p> <p>10:30 PARC FIT Video</p> <p>10:30 Grey Matters with Danya—Bistro</p> <p>1:30 Spa Utopia Massages</p> <p>7:00 Cribbage</p>	<p>11 10:30 Remembrance Day Program -MPR</p> <p>1:30 Sing A-long with Cate Innish</p> <p>7:00 Sinfonia—Remembrance at Centennial Theatre</p>
<p>12</p> <p>10:30 Sit and Be Fit Video -Brain Workout</p> <p>TV Room Movie—The Intern</p>	<p>13 No PARC FIT with Hiroe</p> <p>10:30 PARC FIT Video (Stretch)</p> <p>2:00 Dance Class with Heather</p> <p>2:00 Jokers are Wild</p> <p>6:45 Bridge</p>	<p>14</p> <p>10:00 Tsawwassen Mills Outlet Mall</p> <p>10:30 PARC FIT video</p> <p>2:00 Talk and Tips with Lorna</p> <p>2:00 Needleworking Group</p>	<p>15 No PARC FIT with Hiroe</p> <p>10:30 PARC FIT Video</p> <p>2:00 Creative Expressions with Sandra —Journey to the Unknown with Acrylics</p> <p>2:00 Scrabble</p>	<p>16</p> <p>10:30 PARC FIT with Danya</p> <p>4:45 Special Dinner with entertainment by Slava Alexandrov & Anya</p> <p>7:15 Meditation with Betty</p>	<p>17</p> <p>10:30 PARC FIT Video</p> <p>10:30 Grey Matters with Danya—Bistro</p> <p>1:30 Spa Utopia Massages</p> <p>7:00 Cribbage</p>	<p>18</p> <p>10:30 PARC Fit Video</p> <p>TV Room Movie—Norman</p>
<p>19</p> <p>10:30 Sit and Be Fit Video -Osteoporosis Workout</p> <p>2:00 Newsletter Meeting with Samantha</p>	<p>20</p> <p>9:30-3 PARC FIT with Hiroe</p> <p>10:30 PARC FIT Video (Stretch)</p> <p>2:00 Birthday Party with Bobby Baccus</p> <p>3:15 Jokers are Wild</p> <p>6:45 Bridge</p>	<p>21</p> <p>10:30 Chair Yoga with Danya</p> <p>2:00 Needleworking Group 2:30 The Summerhill Resident Update Meeting</p> <p>6:30 Rummoli 7:00 Inspirational Service with Chaplain Dan</p>	<p>22</p> <p>9:30-3 PARC FIT with Hiroe</p> <p>10:30 PARC FIT Video</p> <p>2:00 Scrabble 2:00 Sudoku & Crafts with Pat</p> <p>7:00 Bingo</p>	<p>23</p> <p>10:15 New PARQ Casino Trip</p> <p>10:30 PARC FIT Video 10:30 Gluu Technology -PDR</p> <p>11-2 Boca Raton Designs 3:00 Program ideas and Calendar Update Meeting</p> <p>7:15 Meditation with Betty</p>	<p>24</p> <p>10:30 PARC FIT Video</p> <p>10:30 BC Sports Hall of Fame and Lunch at Boston Pizza</p> <p>1:30 Spa Utopia Massages</p> <p>4:00 Summerhill Knitting Group Christmas Craft Sale</p> <p>7:00 Cribbage</p>	<p>25</p> <p>10:30 PARC Fit Video</p> <p>2:30 St. Johns— Dog Visits with Juno</p> <p>2:30 The Summerhill Book Club Meeting</p> <p>7:00 North Shore Celtic Ensemble at Centennial Theatre</p>
<p>26</p> <p>10:30 Sit and Be Fit Video -Brain Workout</p> <p>TV Room Movie—Our Souls at Night</p>	<p>27</p> <p>9:30-3 PARC FIT with Hiroe</p> <p>2:00 Jokers are Wild</p> <p>6:45 Bridge</p>	<p>28</p> <p>10:30 PARC FIT Video-2nd</p> <p>1:00 Heritage Christmas at Burnaby Village Museum</p> <p>2:00 Needleworking Group</p> <p>6:30 Rummoli</p>	<p>29</p> <p>9:30-3 PARC FIT with Hiroe</p> <p>2:00 Scrabble 2:00 Sudoku & Crafts with Pat</p> <p>7:00 Bingo</p>	<p>30</p> <p>10:30 PARC FIT Video-2nd</p> <p>12:45 Charter Bus Tea & Trumpets—Festivals and Marches</p> <p>3:30 Social Hour—Christmas Tree Decorating</p> <p>7:15 Meditation with Betty</p>	<p>Shopping at Summerhill in November</p> <p>Tuesday 8th—Shahla's Jewelry</p> <p>Thursday 23—Boca Raton Designs</p> <p>Friday 24—Summerhill Knitting Group Christmas Crafts</p>	<p>CALENDAR PROGRAMMING</p> <p>LEGEND</p> <p>Bus Trips - RED</p> <p>1st Floor Programs- BLUE</p> <p>2nd Floor Programs-BLACK</p>