

Blue Heron November Activities Calendar 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 AM: Calendar Distribution AM: Exercise Class 2:00 Yoga with Colleen (Daily Facetime Visits & 1:1's)	2 AFT: Ball Drumming AFT: Carpet Curling EVE: Manicures (Daily Facetime Visits & 1:1's)	3 AFT: Balloon Badminton 2:00 Music with "Mink Mountain Review" EVE: Planting Tulips (Daily Facetime Visits & 1:1's)	4 AFT: Exercise Class AFT: Coffee & Crosswords EVE: Gratitude Game (Daily Facetime Visits & 1:1's)	5 10:30 Dance with Vance AFT: Men's Coffee Club (Theme: Hockey) AFT: Paper Plate Poppy Craft EVE: Computer/IPad Training (Daily Facetime Visits & 1:1's)	6 AM: Prize Bingo AM: 1:1 Visiting (Daily Facetime Visits & 1:1's)
7 AFT: Hymn Sing/Church (Lutheran Service) AFT: Traveling Ice Cream (Daily Facetime Visits & 1:1's)	8 Turn Back Your Clocks!! AM: Exercise Class AM: Making Apple Turnovers 12:00: Joey's Only Take Out Lunch AFT: Bridge To Dream (Daily Facetime Visits & 1:1's)	9 AM: Ball Drumming AM: YouTube Drawing AFT: Carpet Bowling AFT: Board Games (Daily Facetime Visits & 1:1's)	10 AFT: Balloon Badminton 2:00 Music with Lorrina EVE: Traveling Trivia Tuck Cart (Daily Facetime Visits & 1:1's)	11 Remembrance Day 10:45 Remembrance Day Ceremony from Ottawa AFT: Vera Lynn Pub Party and Karaoke Sing a long (Daily Facetime Visits & 1:1's)	12 AM: Balloon Badminton AM: Hockey Trivia AFT: Western Matinee with Pop & Chips Treat (Daily Facetime Visits & 1:1's)	13 AFT: Winter Decorating and Hot Chocolate AFT 1:1 Visiting (Daily Facetime Visits & 1:1's)
14 AM: Hymn Sing/Church (United Service) AM: Race Car Game (Daily Facetime Visits & 1:1's)	15 AFT: Exercise Class AFT: Board Games/Cribbage EVE: Men's Woodworking (Wood Christmas Trees) (Daily Facetime Visits & 1:1's)	16 <u>10:45 Resident Council & Food Committee Mtg.</u> AFT: Birthday Party & Music by Johny Scaffeo EVE: Ball Drumming (Daily Facetime Visits & 1:1's)	17 AFT: Balloon Badminton AFT: Prize Bingo EVE: Spa Night (Daily Facetime Visits & 1:1's)	18 AFT: Exercise Class AFT: Pinecone Craft EVE: Bedtime Stories & Apple Cider (Daily Facetime Visits & 1:1's)	19 AFT: Balloon Badminton AFT Make Your Own Pizza 5:00 Pizza Luncheon (Daily Facetime Visits & 1:1's)	20 AM: Winter Trivia AM: Traveling Library Cart (Daily Facetime Visits & 1:1's)
21 AFT: Hymn Sing/Church (Presbyterian Service) AFT: Giant Crosswords (Daily Facetime Visits & 1:1's)	22 AFT: Exercise Class AFT: Q-Tip Snowflake Craft EVE: Making Red Velvet Cake Pops (Daily Facetime Visits & 1:1's)	23 AM: Ball Drumming AM: Tea Tasting Tuesdays AFT: Prize Bingo AFT: UK Culture Club (Daily Facetime Visits & 1:1's)	24 AM: Balloon Badminton AM: Manicures AFT: Community Outing (Resident Choice) (Daily Facetime Visits & 1:1's)	25 AM: Exercise Class AM: Ice Fishing Game AFT: Bird Watching Group AFT: Clothing Lost N' Found (1st Floor – Beside Fish Tank) (Daily Facetime Visits & 1:1's)	26 AM: Balloon Badminton AM: Making Chocolate Scones 2:00 Hymn Sing with Richard (Daily Facetime Visits & 1:1's)	27 AFT: Tim Horton's Coffee Club & Scones AFT: Traveling Trivia Tuck Cart (Daily Facetime Visits & 1:1's)
28 AM: Hymn Sing/Church (RC) AM: Tea Tasting with Friends (Daily Facetime Visits & 1:1's)	29 AM: Exercise Class AM: Writing Christmas Cards (Daily Facetime Visits & 1:1's)	30 AFT: Ball Drumming AFT: Carpet Bowling EVE: Winter Craft (Daily Facetime Visits & 1:1's)		Please see resident home area day boards for daily recreation programs and times.		AM: Morning Program AFT: Afternoon Program EVE: Evening Programs

