









November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 Netflix Series – The Medici [Season 2 Episode 5-6] 2:30 PM – Solarium</p> 	<p>2 Exercise & Chair Meditation with Janet 10:00 AM – Dining Room</p> <p>Live Entertainment with Brian Flanagan 2:30 PM – Front Yard</p>	<p>3 Exercise with Gregory 10:00 AM – Dining Room</p> <p>Armchair Travel – Puerto Rico 2:00 PM – Solarium</p> <p>Happy Hour 3:00 PM – Solarium</p>	<p>4 Exercise & Chair Meditation with Janet 10:00 AM – Dining Room</p> <p>Music Group with Natasha 2:30 PM – Solarium</p> 	<p>5 Exercise with Gregory 10:00 AM – Dining Room</p> <p>Walk the Block 2:00 PM – Lobby (Weather dependent)</p> <p>Bingo 2:30 PM – Solarium</p>	<p>6 Exercise & Chair Meditation with Janet 10:00 AM – Dining Room</p> <p>Crafts with Erin 2:00 PM – Solarium</p>  <p>Happy Hour 3:00 PM – Solarium</p>	<p>7 Exercise with Gregory 10:00 AM – Dining Room</p> <p>U of A Online Class – Indigenous History 10:30 AM – Solarium</p> <p>Movie – Yanks 2:30 PM – Solarium</p>
<p>8 Netflix Series – The Medici [Season 2 Episode 7-8] 2:30 PM – Solarium</p>	<p>9 Exercise & Chair Meditation with Janet 10:00 AM – Dining Room</p> <p>Live Entertainment with Pete Campbell 2:30 PM – Front Yard</p>	<p>10 Exercise with Gregory 10:00 AM – Dining Room</p> <p>Armchair Travel – London 2:00 PM – Solarium</p>  <p>Happy Hour 3:00 PM – Solarium</p>	<p>11 Exercise & Chair Meditation with Janet 10:00 AM – Dining Room</p> <p>Music Group with Natasha 2:00 PM – Solarium</p> <p>Remembrance Day</p> 	<p>12 Exercise with Gregory 10:00 AM – Dining Room</p> <p>Townhall Meeting 2:00 PM – Dining Room</p> <p>Bingo 3:00 PM – Solarium</p>	<p>13 Exercise & Chair Meditation with Janet 10:00 AM – Dining Room</p> <p>Happy Hour 3:00 PM – Solarium</p> 	<p>14 Exercise with Gregory 10:00 AM – Dining Room</p> <p>U of A Online Class – Indigenous History 10:30 AM – Solarium</p> <p>Movie – Murder on the Orient Express 2:30 PM – Solarium</p>
<p>15 Netflix Series – The Medici [Season 3 Episode 1-2] 2:30 PM – Solarium</p>	<p>16 Exercise with Gregory 10:00 AM – Dining Room</p> <p>Live Entertainment with Peter Paulus 2:30 PM – Front Yard</p>	<p>17 Exercise with Gregory 10:00 AM – Dining Room</p> <p>Armchair Travel – Amazon Rainforest 2:00 PM – Solarium</p> <p>Happy Hour 3:00 PM – Solarium</p>	<p>18 Exercise with Gregory 10:00 AM – Dining Room</p> <p>Music Group with Natasha 2:00 PM – Solarium</p>	<p>19 Exercise with Gregory 10:00 AM – Dining Room</p> <p>Walk the Block 2:00 PM – Lobby (Weather dependent)</p> <p>Bingo 2:30 PM – Solarium</p>	<p>20 Exercise with Gregory 10:00 AM – Dining Room</p> <p>Happy Hour 3:00 PM – Solarium</p>	<p>21 Exercise with Gregory 10:00 AM – Dining Room</p> <p>U of A Online Class – Indigenous History 10:30 AM – Solarium</p> <p>Movie – A River Runs Through It 2:30 PM – Solarium</p>
<p>22 Seniors Health and Wellness Institute Workshop– Dealing with Stress 10:00 AM – Solarium</p> <p>Netflix Series – The Medici [Season 3 Episode 3-4] 2:30 PM – Solarium</p>	<p>23 Exercise with Gregory 10:00 AM – Dining Room</p> <p>Live Entertainment with Saul Berson 2:30 PM – Front Yard</p>	<p>24 Exercise with Gregory 10:00 AM – Dining Room</p> <p>Armchair Travel – Eurotrip by Chloe 2:00 PM – Solarium</p> <p>Happy Hour 3:00 PM – Solarium</p>	<p>25 Exercise with Gregory 10:00 AM – Dining Room</p> <p>Music Group with Natasha 2:30 PM – Solarium</p> <p>Footcare Nurse 7th Floor Lounge</p> 	<p>26 Exercise with Gregory 10:00 AM – Dining Room</p> <p>Walk the Block 2:00 PM – Lobby (Weather dependent)</p> <p>Bingo 2:30 PM – Solarium</p>	<p>27 Exercise with Gregory 10:00 AM – Dining Room</p> <p>Crafts with Erin 2:00 PM – Solarium</p>  <p>Happy Hour 3:00 PM – Solarium</p>	<p>28 Exercise with Gregory 10:00 AM – Dining Room</p> <p>U of A Online Class – Indigenous History 10:30 AM – Solarium</p> <p>Movie – A Walk in the Woods 2:30 PM – Solarium</p>
<p>29 Netflix Series – The Medici [Season 3 Episode 5-6] 2:30 PM – Solarium</p>	<p>30 Exercise with Gregory 10:00 AM – Dining Room</p> <p>Live Entertainment with Mike Kinal 2:30 PM – Front Yard</p>	