


November 2023 LaPointe-Fisher Nursing

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*Physiotherapy Mon-Fri</p> <p>*Restorative Visits Daily includes spin bike, small group exercises</p> <p>1-1 cognitive, social sensory visits & helping role activities</p>			<p>1</p> <p>10:00 Horse Races</p> <p>2:00 Resident Council (AK)</p> <p>3:30 Physio Total Body Fitness-D2/ 1:1 Visits</p> <p>6:30 Plant Care</p>	<p>2</p> <p>10:00 Melody Chiming (D2) / Drum Circle (D1)</p> <p>2:00 Crafts</p> <p>6:30 Chicken Soup for the Soul Readings</p>	<p>3</p> <p>10:00 Crafts</p> <p>2:00 Spa Afternoon</p> <p>6:30 Choose Your Own Adventure Group Reading</p>	<p>4</p> <p>10:00 Hair Styling</p> <p>1:00-5:00 Trinity Church Holly Market (Come see our craft table)</p> <p>6:30 Poetry Readings</p>
<p>5-Daylight Saving Time ends</p> <p>10:00 Online Church Service</p> <p>2:00 Let's talk Daylight Savings</p> <p>6:30 Reading & Reflections</p>	<p>6</p> <p>10:00 Physio Total Body Fitness-D1/ 1:1 Visits</p> <p>2:00 What am I?</p> <p>6:15Pet Visits-D1 with Juniper</p>	<p>7</p> <p>10:00 Walmart (Group 1)</p> <p>2:00 Bingo</p> <p>4:00 Hand Massages</p> <p>6:30 1:1 iPad Visits</p>	<p>8</p> <p>10:00 Build-Your-Story</p> <p>2:00 Foil Balloon Badminton</p> <p>3:30 Physio Total Body Fitness-D2/ 1:1 Visits</p> <p>6:30 Plant Care</p>	<p>9</p> <p>10:00 Melody Chiming (D2)</p> <p>2:00 Remembrance Day Craft</p> <p>6:30 Count up the Score Bean Bag Toss</p>	<p>10</p> <p>10:00 Leaf Peeping</p> <p>10:45 Accordion with Garry D2</p> <p>2:00 Deer Hunting Discussion and Fun</p>	<p>11 -Remembrance Day</p> <p>10:00 Remembrance Day Ceremony-B</p> <p>2:00 Famous Guelphites</p> <p>6:30 Adult Coloring</p>
<p>12</p> <p>10:00 Online Church Service</p> <p>2:00 Let's Talk Diwali</p> <p>6:30 Montessori Reading</p>	<p>13</p> <p>10:00 Physio Total Body Fitness-D1/ 1:1 Visits</p> <p>2:00 Birthday Party</p> <p>6:15Pet Visits-D2</p>	<p>14</p> <p>10:30 Catholic Mass -B</p> <p>2:00 Bingo</p> <p>6:30 Brain Fitness</p>	<p>15</p> <p>10:00 Golf Putting</p> <p>2:00 Words in Words</p> <p>3:30 Physio Total Body Fitness-D2/ 1:1 Visits</p>	<p>16</p> <p>10:00 Melody Chiming (D2)</p> <p>2:00 Carpet Bowling</p> <p>6:30 Throwback Music Videos</p>	<p>17</p> <p>10:00 Library Cart & Reading Groups</p> <p>2:00 Fall Fashion Frenzy</p> <p>6:30 Yoga</p>	<p>18</p> <p>10:00 Hairstyling</p> <p>2:00 Music Trivia</p>

<p style="text-align: center;">19</p> <p>10:00 Online Church Service</p> <p>2:00 Spa Afternoon</p>	<p style="text-align: center;">20</p> <p>10:00 Physio Total Body Fitness-D1/ 1:1 Visits</p> <p>2:00 Cards & Games</p> <p>6:15 Pet Visits-D1 With Juniper</p>	<p style="text-align: center;">21</p> <p>10:00 Walmart (Group 2)</p> <p>2:00 Bingo</p> <p>4:00 Hand Massages</p> <p>6:15 Snoezelen</p>	<p style="text-align: center;">22</p> <p>8:00 Men's Bacon & Egg Breakfast</p> <p>10:00 Shoot the Puck</p> <p>2:00 Mandela art</p> <p>3:15 Physio Total Body Fitness-D2/</p> <p>6:30 Plant Care</p>	<p style="text-align: center;">23</p> <p>9:00 Macy's Day Parade on TV</p> <p>10:00 Melody Chiming (D2)</p> <p>2:00 Let's Talk Neighbours</p> <p>6:30 Adult Coloring</p>	<p style="text-align: center;">24</p> <p>10:00 Move for Movember</p> <p>10:45 Accordion with Garry D1</p> <p>2:00 Pick a Card Discussion</p>	<p style="text-align: center;">25</p> <p>10:00 Morning Meditation</p> <p>2:00-4:00 Please Join us for our annual Bazaar! ...Craft sale Coffee Tea Cart</p> <p>6:30 Brain Fitness</p>
<p style="text-align: center;">26</p> <p>10:00 Online Church Service</p> <p>2:00 Drum Circle</p> <p>6:30 Yoga/Tai Chi</p>	<p style="text-align: center;">27</p> <p>10:00 Physio Total Body Fitness-D1/ 1:1 Visits</p> <p>2:00 Afternoon Talent Show</p> <p>6:30 Pet Visits-D2 with Juniper</p>	<p style="text-align: center;">28</p> <p>10:00 What's in the Bag</p> <p>2:00 Bingo</p> <p>4:00 Hand Massages</p> <p>6:30 1:1 iPad Visits</p>	<p style="text-align: center;">29</p> <p>10:00 Fun in the Kitchen (AK)</p> <p>12:00 Ladies Lunch</p> <p>2:00 Sensory Visit</p> <p>3:30 Physio Total Body Fitness-D2/ 1:1 Visits</p> <p>6:30 Plant Care</p>	<p style="text-align: center;">30</p> <p>10:00 Melody Chiming (D2) /</p> <p>2:00 Communion & Memorial Service</p> <p>6:30 Montessori Folding</p>	<p>Did you know? November is: Osteoporosis Month.</p> <p>Movember = Awareness of men's health issues</p>	

Locations

B = Basement

AK =Activity Kitchen

D1 = First Floor Dining Room

D2 = Second Floor Dining Room

**If the location is not listed, activity will be held in D1 then D2, or both dining rooms simultaneously