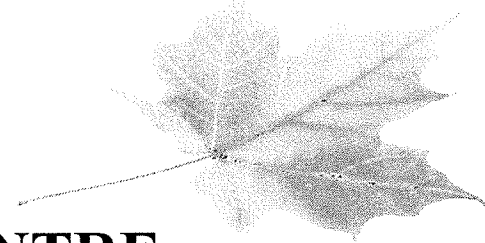
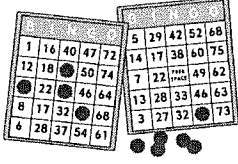


November 2018



Let's We Forget

BLACKADAR CONTINUING CARE CENTRE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
PROGRAM LOCATION						
Chaplain Adam in our home this morning L - Resident Lounge (1st floor) R—Room to Room O—Outside/Deck S & C—Strength and Conditioning Class		1—1st Floor 2—2nd Floor Lounge 3—3rd Floor Lounge D—Main Floor Dining Room		1 10:15 Strength and Conditioning Class 3 1:00 Pet Visiting with Doug R 2:15 Refreshments & Trivia 2 6:30 Noodle Ball 3	2 10:00 The Price is Right Game 3 11:00 Out & About O 2:00 Bingo 2	3 9:45 Morning Motivation 2 10:30 Mini Kitchen "Fudge" 3 2:00 John Moorhouse Music Performance 2
4 10:15 Bible Study 2 2:00 Gospel Sing with Eagle World Wide Ministries 2	5 10:00 Strength and Conditioning Class 3 2:15 Family Feud Game 2	6 9:30 Manicures and Relaxation Spa L 1:30 Dundas Montessori School Show & Tell 2 2:30 S & C Class 2 6:30 Ice Breaker 3	7 * 10:00 Mini Kitchen "Macaroons" 3 10:30 St. James Anglican Communion Service 2 10:30 Pet Visiting with Sassy R 2:00 Happy Hour with 60's Tunes	8 10:00 Ladder Ball 3 10:30 Pet Visiting with Doug R 2:00 Thursday Afternoon Singers Performance 2 6:30 Urban Myth 2	9 10:00 Strength and Conditioning Class 3 11:00 Out & About O 2:00 Bingo 2	10 9:45 Morning Motivation 3 10:30 Mini Kitchen "Blueberry Muffins" 2 2:00 Hamilton Missionary Society Music 3
11 * 10:30 REMEMBRANCE DAY SERVICE 2 2:30 Hymn Sing 3	12 10:00 Strength and Conditioning Class 2 11:00 Chime Choir L 2:00 Music Makers with Music Therapist Kristen 2	13 9:30 Manicures and Relaxation Spa L 1:15 S & C Class 3 AFTERNOON HOLIDAY DECORATING 1 6:30 Reminiscing 3	14 * 10:00 Mini Kitchen "Amish Sugar Cookies" 2 10:30 Pet Visiting with Sassy R 11:15/11:30 Gospel Favorites 3/2 2:00 Hot Chocolate Social	15 10:00 10:15 Strength and Conditioning Class 3 1:00 Pet Visiting with Doug R AFTERNOON HOLIDAY DECORATING 1 6:30 Evening Bingo 2	16 10:00 Strength and Conditioning Class 2 11:00 Out & About O HOLIDAY FAIR/PENNY SALE PREPARATIONS	17 ANNUAL HOLIDAY FAIR & PENNY SALE 2:00 Afternoon Social Featuring Music by Gordon Morrow D
18 10:15 Program To Be Announced 2	19 10:00 Strength and Conditioning Class 3 1:30 Afternoon Movie and Snacks 3	20 9:30 Manicures and Relaxation Spa L 12:00 Take Out Luncheon L 1:30 Dundas Montessori School Show & Tell 2 2:30 S & C Class 2 7:00 Ancaster Youth Group 2	21 * 10:00 St. Augustine's Roman Catholic Mass 2 10:30 Pet Visiting with Sassy R 10:30 SHOPPING OUTING (sign up)	22 10:00 Food Committee L 10:30 Resident General Committee L 1:00 Pet Visiting with Doug R 2:30 Strength and Conditioning Class 2 6:30 Trivia 3	23 10:00 Strength and Conditioning Class 3 11:00 Out & About O 2:00 Bingo 2	24 9:45 Morning Motivation 2 10:30 Mini Kitchen "Chocolate Cupcakes" 3 2:00 The Country Sweethearts (Country Duo) 2
25 * 9:45 Chapel Service 2 10:30 Chapel Service 3 2:30 Faith & Sensory 3	26 10:00 Strength and Conditioning Class 2 11:00 Chime Choir L 2:00 Music Makers with Music Therapist Kristen 2	27 9:30 Manicures and Relaxation Spa L 1:15 S & C Class 3 2:00 Pancake Social 2 6:00 Holiday Magic Show Outing (BY DRAW)	28 * 10:00 Mini Kitchen "Quick Apple Crisp" 3 10:30 Pet Visiting with Sassy R 11:15/11:30 Gospel Favorites 2/3 2:00 Java Music Club	29 10:15 Strength and Conditioning Class 3 10:30 Pet Visiting with Doug R 2:00 Ancaster Fun Chorus Christmas Show 2 6:30 Holiday Craft 2	30 10:00 Strength and Conditioning Class 2 11:00 Out & About O 2:00 Bingo 2	HAIR SALON With Kelly Every Tuesday 9:30—2:30