

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2023

3 WEST ACTIVITIES

			9:00 Pop-in Visits - The Perk Daily/Puzzle 9:45 Mass Chapel 10:30 Morning Exercise 11:00 1:1 Visits 11:30 Easy Listening Music 1:30 Pretty Manicures 1:45 Podcasts & Conversation - 2 East 3:30 TV Favorites – Resident Choice	1	9:00 Pop-ins Visits - The Perk Daily/Puzzle 9:45 Mass /Chapel 10:30 Coffee Social/Carmel Hall 11:30 Easy Listening Music 1:30 Bingo/3W Dining Room 3:00 1:1 Visits 3:30 TV Favorites – Resident Choice	2	9:00 Pop-in Visits - The Perk Daily/Puzzle 9:15 Morning Exercise 9:45 IN2L Games/Videos 10:45 Sing A Long/Mike 11:30 Easy Listening Music 1:30 Table Games/Puzzles 3:00 Happy Hour/2 West	3	9:15 Pop-ins Visits - The Perk Daily/Puzzle 10:30 Rosary – 2 West 11:45 Easy Listening Music 1:30 Table Games 3:00 TV Favorites – Resident Choice	4			
10:30 Sunday Mass/Chapel 11:45 Easy Listening Music 1:30 TV Favorites - Resident Choice	5	9:00 Pop-in Visits - The Perk Daily/Puzzle 9:15 Morning Exercise 9:45 Finish the Line 10:30 Pet Therapy with Maggie 11:30 Easy Listening Music 1:30 Table Games/Puzzles 3:00 Happy Hour/2 West	6	9:00 Pop-ins Visits - The Perk Daily/Puzzle 9:45 Mass/Chapel 10:30 Coffee Social/Carmel Hall 11:30 Easy Listening Music 1:30 Bingo 3 West/Dining Room 3:30 TV Favorites – Resident Choice	7	9:00 Pop-in Visits - The Perk Daily/Puzzle 9:15 Morning Exercise 9:45 Mass Chapel 11:00 1:1 Visits 11:30 Easy Listening Music 1:30 Tabletop Games 1:45 Veteran's Day Program - Carmel Hall 3:30 TV Favorites – Resident Choice	8	9:00 Pop-ins Visits - The Perk Daily/Puzzle 9:45 Mass /Chapel 10:30 Coffee Social/Carmel Hall 11:30 Easy Listening Music 1:30 Bingo/3W Dining Room 3:00 1:1 Visits 3:30 TV Favorites – Resident Choice	9	9:00 Pop-in Visits - The Perk Daily/Puzzle 9:15 Morning Exercise 9:45 IN2L Games/Videos 10:45 Sing A Long/Mike 11:30 Easy Listening Music 1:30 Table Games/Puzzles 3:00 Happy Hour/2 West	10	9:15 Pop-ins Visits - The Perk Daily/Puzzle 11:45 Easy Listening Music 3:00 TV Favorites – Resident Choice	11
10:30 Sunday Mass/Chapel 11:00 Pet Therapy – Front Lobby 11:45 Easy Listening Music 1:30 TV Favorites - Resident Choice	12	9:00 Pop-in Visits - The Perk Daily/Puzzle 9:15 Morning Exercise 9:45 Finish the Line 10:30 Pet Therapy with Maggie 11:30 Easy Listening Music 1:45 Friendsgiving Crafts and Dessert -Carmel Hall 3:00 Happy Hour/2 West	13	9:00 Pop-ins Visits - The Perk Daily/Puzzle 9:45 Mass/Chapel 10:30 Coffee Social/Carmel Hall 11:30 Easy Listening Music 1:30 Bingo 3 West/Dining Room 3:30 TV Favorites – Resident Choice	14	9:00 Pop-in Visits - The Perk Daily/Puzzle 9:45 Mass Chapel 10:30 Morning Exercise 11:00 1:1 Visits 11:30 Easy Listening Music 1:45 Art Club/ 2 West 3:30 TV Favorites – Resident Choice	15	9:00 Pop-ins Visits - The Perk Daily/Puzzle 9:45 Mass /Chapel 10:30 Coffee Social/Carmel Hall 11:30 Easy Listening Music 1:30 Bingo/3W Dining Room 3:00 1:1 Visits 3:30 TV Favorites – Resident Choice	16	9:00 Pop-in Visits - The Perk Daily/Puzzle 9:15 Morning Exercise 9:45 IN2L Games/Videos 10:45 Sing A Long/Mike 11:30 Easy Listening Music 1:30 Table Games/Puzzles 3:00 Happy Hour/2 West	17	9:15 Pop-ins Visits - The Perk Daily/Puzzle 11:45 Easy Listening Music 3:00 TV Favorites – Resident Choice	18
10:30 Sunday Mass/Chapel 11:45 Easy Listening Music 1:30 TV Favorites - Resident Choice	19	9:00 Pop-in Visits - The Perk Daily/Puzzle 9:15 Morning Exercise 9:45 Finish the Line 10:30 Resident Council - Carmel Hall 10:30 Pet Therapy with Maggie 11:30 Easy Listening Music 2:15 Fall Treat from ST. Raphael Students 3:00 Happy Hour/2 West	20	9:00 Pop-ins Visits - The Perk Daily/Puzzle 9:45 Mass/Chapel 10:30 Coffee Social/Carmel Hall 11:30 Easy Listening Music 1:30 Bingo 3 West/Dining Room 3:30 TV Favorites – Resident Choice	21	9:00 Pop-in Visits - The Perk Daily/Puzzle 9:15 Morning Exercise 9:45 Mass Chapel 11:00 1:1 Visits 11:30 Easy Listening Music 1:30 Pretty Manicures 3:30 TV Favorites – Resident Choice	22	9:00 Pop-ins Visits - The Perk Daily/Puzzle 9:00 Thanksgiving Parade 10:30 Mass/Chapel 11:30 Easy Listening Music 1:30 Bingo/3W Dining Room 3:00 TV Favorites – Resident Choice	23	9:00 Pop-in Visits - The Perk Daily/Puzzle 9:15 Morning Exercise 9:45 IN2L Games/Videos 10:45 Sing A Long/Mike 11:30 Easy Listening Music 1:30 Table Games/Puzzles 3:00 Happy Hour/2 West	24	9:15 Pop-ins Visits - The Perk Daily/Puzzle 11:45 Easy Listening Music 1:30 Table Games 3:00 TV Favorites – Resident Choice	25
10:30 Sunday Mass/Chapel 11:45 Easy Listening Music 1:30 TV Favorites - Resident Choice	26	9:00 Pop-in Visits - The Perk Daily/Puzzle 9:15 Morning Exercise 9:45 Finish the Line 10:30 Pet Therapy with Maggie 11:30 Easy Listening Music 1:30 Table Games/Puzzles 3:00 Happy Hour/2 West	27	9:00 Pop-ins Visits - The Perk Daily/Puzzle 9:45 Mass/Chapel 10:30 Coffee Social/Carmel Hall 11:30 Easy Listening Music 1:30 Bingo 3 West/Dining Room 3:30 TV Favorites – Resident Choice	28	9:00 Pop-in Visits - The Perk Daily/Puzzle 9:15 Morning Exercise 9:45 Mass Chapel 11:00 1:1 Visits 11:30 Easy Listening Music 1:45 Podcasts & Conversation - 2 East 3:30 TV Favorites – Resident Choice	29	9:00 Pop-ins Visits - The Perk Daily/Puzzle 9:45 Mass /Chapel 10:30 Coffee Social/Carmel Hall 11:30 Easy Listening Music 1:30 Bingo/3W Dining Room 3:30 TV Favorites – Resident Choice	30				

Veterans Day
Remembrance Day (Canada)

Diwali (Hindi)

Thanksgiving Day (US)

Activities and times are subject to change. Thank you for your understanding. Mass on channel 61/communion in the unit for those unable to attend Mass.