

November 2022

Weekly Events Monday - Friday

Newspaper & Mail Delivery
Coffee Cart Or Coffee & Chat
Bird Care and Fish Care
Midday Bingo Draw
One-to-One & Room Visits

Celebrating This Month

Thelma Henry Nov. 21st 1925 (97)

Patricia Munn Nov. 29th 1939 (83)




Any calendar changes will be posted on the bulletin boards. For more information contact **Willee** at 368-6509 or activity@whiterapidsmanor.nb.ca



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<u>1</u> 10:30  Gentle Stretches 11:00  Trivia & Quiz 1:30  Bingo 3:00  Reading: Picking November's Book	<u>2</u> 10:30  Bus Trip: TriCounty Bowling 1:45  Movie Day On Golden Pond (Henry Fonda)	<u>3</u>	<u>4</u> 11:00  Bible Reading 1:30  Manicures and Hand Massages 2:30  Craft time: Pinecone Bird feeders	<u>5</u>  I don't know about you, But I am ready for the.... WEEKEND!!
<u>6</u> 2:00  YouTube Smyth Street Church 	<u>7</u> 10:30 Reading Time 11:00 Hangman/Tic Tac Toe 1:30 Group Games in Living Room 2:30 Card Bingo	<u>8</u> 11:15  True or False Lollipops 1:30 Bingo 3:00  Reading: November Book Club 4:00  One to One Walk and Talk	<u>9</u> 10:30  Hangman/Tic Tac Toe 1:30  Stories and Thoughts about Remembrance Day 	<u>10</u> 10:45  Chair Yoga 1:00  Pet Therapy with Mary Wood 3:15  Knitting Club Lower Lounge	<u>11</u> Remembrance Day 	<u>12</u> 
<u>13</u> 2:00  YouTube Oromocto Baptist Church 	<u>14</u> 10:30 Baking with Jill Lemon Treats 1:30 Movie Day: One Last Time with Tony Bennett & Lady Gaga 2:30 Room Visits 3:30 Living Room Games	<u>15</u> 10:30  Gentle Stretches 11:00  Trivia & Quiz 1:30 Bingo 3:00  Reading: November Book Club	<u>16</u> 10:30  Bus Trip: TriCounty Bowling 1:45 Movie Day I Walk the Line (Johnny Cash Story)	<u>17</u> 10:45  Bus Trip: Sunbury Diner 2:00  Resident Council 3:00 Clothes Pin Game 4:00  One to One Walk and Talk	<u>18</u> 11:00  Bible Reading 1:30  Manicures and Hand Massages 3:45  Bus Drive Local Scenic Drive With Fun Fact Trivia!	<u>19</u> 
<u>20</u> 2:00  YouTube Catholic Faith Church services 	<u>21</u> 10:45 Chair Yoga 11:00 Arts & Crafts 3:00 Game Time JEOPARDY! 4:00 Room Visits and Talk	<u>22</u> 11:00  Trivia & Quiz 1:30 Bingo 3:00  Reading: November Book Club 4:00  One to One Walk and Talk	<u>23</u> 10:00  Art & Crafts: Decoupage Hangers 1:00  Pet Therapy with Mary Wood 4:00  One to One Walks	<u>24</u> 10:30  Gentle Exercises 1:30  Crafts: Simple Gifts to make 4:00  Adventures Online	<u>25</u> 2:00  Market Auction 	<u>26</u> 
<u>27</u> 2:00  YouTube St Paul's Anglican Church Streaming Service	<u>28</u> 10:30 Coffee and Current Events 1:30 Trivia & Quiz 2:00 Card Games 3:00 Games, Music, Treats	<u>29</u> 11:00  Gentle Stretches 1:30 Bingo 3:00  Reading: November Book Club	<u>30</u> 10:30  Bus Trip: TriCounty Bowling Decorating and Planning for Christmas 			


7 PILLARS OF WELLNESS:

 Environmental

 Physical

 Intellectual

 Vocational

 Emotional

 Social

 Spiritual