

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

						
<p>Exercise – 9:30 AM (Ottawa) 5</p> <p>Exercise – 10:45 AM (Victoria)</p> <p>One-on-ones – 1:30PM (Ottawa)</p> <p>Joint Bingo in Rec Room – 3:00 PM – (Ottawa & Victoria)</p>	<p>Exercise – 9:30 AM (Ottawa) 6</p> <p>Exercise – 10:30 AM (Victoria)</p> <p>Card and Games – 2:30 PM (Ottawa)</p> <p>Music and Memory – 3:30 PM (Victoria)</p>	<p>Exercise – 9:30 AM (Ottawa) 7</p> <p>Exercise – 10:45 AM (Victoria)</p> <p>Jeopardy – 2:30 PM (Ottawa)</p> <p>Sing Along w/ Annie – 3:30 PM (Victoria)</p>	<p>Exercise – 9:30 AM (Ottawa) 8</p> <p>Exercise – 10:45 AM (Victoria)</p> <p>Sing Along w/ Annie – 2:30 PM (Ottawa)</p> <p>Hangman – 3:30 PM (Victoria)</p>	<p>Exercise – 9:30 AM (Ottawa) 9</p> <p>Exercise – 10:45 AM (Victoria)</p> <p>Bingo – 2:00 PM (Ottawa)</p> <p>Bingo – 3:15 PM (Victoria)</p>	<p>Exercise – 9:30 AM (Ottawa) 10</p> <p>Exercise – 10:45 AM (Victoria)</p> <p>Wheel of Fortune – 2:30 PM (Ottawa)</p> <p>Finish That Phrase – 3:30 PM (Victoria)</p>	<p>Exercise – 9:30 AM (Ottawa) 11</p> <p>Exercise – 10:30 AM (Victoria)</p> <p>Remembrance Day Ceremony – 2:30 PM (Ottawa & Victoria)</p> <p style="text-align: right;"><small>Veterans Day Remembrance Day (Canada)</small></p>
<p>Exercise – 9:30 AM (Ottawa) 12</p> <p>Exercise – 10:30 AM (Victoria)</p> <p>Sing Along w/ Tony – 2:30 PM (Ottawa)</p> <p>Balloon Tennis – 3:30 PM (Victoria)</p> <p style="text-align: right;"><small>Diwali (Hindi)</small></p>	<p>Exercise – 9:30 AM (Ottawa) 13</p> <p>Exercise – 10:45 AM (Victoria)</p> <p>Name That Tune – 2:30 PM (Ottawa)</p> <p>Arts and Crafts – 3:30 PM (Victoria)</p>	<p>Exercise – 9:30 AM (Ottawa) 14</p> <p>Exercise – 10:45 AM (Victoria)</p> <p>Bowling in Rec Room – 3:00 PM (Ottawa & Victoria)</p> <p>One-on-ones – 4:00 PM (Victoria)</p>	<p>Exercise – 9:30 AM (Ottawa) 15</p> <p>Exercise – 10:45 AM (Victoria)</p> <p>Hangman – 2:30 PM (Ottawa)</p> <p>Cards and Games – 3:30 PM (Victoria)</p>	<p>Exercise – 9:30 AM (Ottawa) 16</p> <p>Exercise – 10:45 AM (Victoria)</p> <p>Bingo – 2:00 PM (Ottawa)</p> <p>Bingo – 3:15 PM (Victoria)</p>	<p>Exercise – 9:30 AM (Ottawa) 17</p> <p>Exercise – 10:30 AM (Victoria)</p> <p>Bingo – 2:30 PM (Ottawa)</p> <p>Bingo – 3:30 PM (Victoria)</p>	<p>Exercise – 9:30 AM (Ottawa) 18</p> <p>Exercise – 10:45 AM (Victoria)</p> <p>One-on-ones – 1:30PM (Victoria)</p> <p>Bean Bag Tic Tac Toe – 3:00PM (Ottawa & Victoria)</p>
<p>Exercise – 9:30 AM (Ottawa) 19</p> <p>Exercise – 10:45 AM (Victoria)</p> <p>Mandarin Luncheon – 12:00 PM (Ottawa)</p> <p>Joint Bingo in Rec Room – 3:00 PM – (Ottawa & Victoria)</p>	<p>Exercise – 9:30 AM (Ottawa) 20</p> <p>Exercise – 10:30 AM (Victoria)</p> <p>Pool Table Fun – 2:30 PM (Ottawa)</p> <p>Hangman – 3:30 PM (Victoria)</p>	<p>Exercise – 9:30 AM (Ottawa) 21</p> <p>Exercise – 10:45 AM (Victoria)</p> <p>Jeopardy – 2:30 PM (Ottawa)</p> <p>Name That Tune – 3:30 PM (Victoria)</p>	<p>Exercise – 9:30 AM (Ottawa) 22</p> <p>Exercise – 10:45 AM (Victoria)</p> <p>Arts and Crafts – 2:30 PM (Ottawa)</p> <p>Finish The Phrase – 3:30 PM (Victoria)</p>	<p>Exercise – 9:30 AM (Ottawa) 23</p> <p>Exercise – 10:45 AM (Victoria)</p> <p>Bingo – 2:00 PM (Ottawa)</p> <p>Bingo – 3:15 PM (Victoria)</p> <p style="text-align: right;"><small>Thanksgiving Day (US)</small></p>	<p>Exercise – 9:30 AM (Ottawa) 24</p> <p>Exercise – 10:45 AM (Victoria)</p> <p>Name That Tune – 2:30 PM (Ottawa)</p> <p>One-on-ones – 3:30 PM (Victoria)</p>	<p>Exercise – 9:30 AM (Ottawa) 25</p> <p>Exercise – 10:30 AM (Victoria)</p> <p>Balloon Tennis – 2:30 PM (Ottawa)</p> <p>Music and Memory – 3:30 PM (Victoria)</p>
<p>Exercise – 9:30 AM (Ottawa) 26</p> <p>Exercise – 10:30 AM (Victoria)</p> <p>Bowling – 2:30 PM (Ottawa)</p> <p>Balloon Tennis – 3:30 PM (Victoria)</p>	<p>Exercise – 9:30 AM (Ottawa) 27</p> <p>Exercise – 10:45 AM (Victoria)</p> <p>Wheel of Fortune – 2:30 PM (Ottawa)</p> <p>Trivia – 3:30 PM (Victoria)</p>	<p>Exercise – 9:30 AM (Ottawa) 28</p> <p>Exercise – 10:45 AM (Victoria)</p> <p>Charades – 2:30 PM (Ottawa)</p> <p>Arts and Crafts – 3:30 PM (Victoria)</p>	<p>Exercise – 9:30 AM (Ottawa) 29</p> <p>Exercise – 10:45 AM (Victoria)</p> <p>Sing Along w/ Annie – 2:30 PM (Ottawa)</p> <p>Hangman – 3:30 PM (Victoria)</p>	<p>Exercise – 9:30 AM (Ottawa) 30</p> <p>Exercise – 10:45 AM (Victoria)</p> <p>Bingo – 2:00 PM (Ottawa)</p> <p>Bingo – 3:15 PM (Victoria)</p>		

Programs for Ottawa and Victoria by Annie. L and Tony. P.