

**CHINOOK VILLAGE PROGRAM CALENDAR**

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>1</b> 2:30 Chapel (4)	<b>2</b> 9:30 Sit n Be Fit (2) 10:00 Coffee and Chat (2) 10:30 Walking (2) 1:45 Bridge (2L) 2:00 Afternoon Chores (2) <b>6:15 Hymn Sing (4)</b>	<b>3</b> 9:30 Chair Yoga (3) 10:30 Sudoku (2) 2:00 Scrabble (2L)	<b>4</b> 9:30 Sit n Be Fit (2) 10:00 Coffee and Chat (2) 10:30 Cryptogram Puzzles (2) 2:00 Horse Race Game (2)	<b>5</b> 9:15 Bible Study (3) 10:30 Mental Aerobics (2) 2:00 Games (2L) <b>6:30 Band (T)</b> <b>"The Buckets"</b>	<b>6</b> 9:30 Sit n Be Fit (2) 10:30 Artistic Expressions (2) "MANDALA COLOURING" 2:00 Meet & Greet Coffee Party (2)	<b>7</b>
<b>8</b> 2:30 Chapel (4)	<b>9</b> <b>Happy Thanksgiving!</b>	<b>10</b> 9:30 Chair Yoga (3) 10:00 Coffee and Chat (2) 1:00 B12 Clinic (4 <sup>th</sup> Floor Assisted Living) 1:30 Afternoon Chores (2)	<b>11</b> 8:30-11:30 Flu Shot Clinic (T)  2:00 Birthday Party (T)	<b>12</b> 9:15 Bible Study (3) 10:30 Mental Aerobics (2) 2:00 Games (2L) <b>6:30 Band (4)</b> <b>"2B Flat"</b>	<b>13</b> 9:30 Sit n Be Fit (2) 10:30 Wheel of Fortune (2) 2:00 Crafts (2)	<b>14</b>
<b>15</b> 2:30 Chapel (4)	<b>16</b> 9:30 Sit n' Be Fit (2) 10:00 Coffee and Chat (2) 10:30 Walking (2) 2:00 Afternoon Chores (2)  <b>Municipal Election Terrace Room 10:00 am – 8:00 pm</b>	<b>17</b> 9:30 Chair Yoga (3) 10:30 Bean Bag Toss (2) <b>2:00 In-Service from CNIB (T)</b>	<b>18</b> 9:30 Sit n Be Fit (2) 10:00 Coffee and Chat (2) 10:30 Balloon Tennis (2) 2:00 Resident Council Meeting (2)	<b>19</b> 9:15 Bible Study (3) 10:30 Mental Aerobics (2) 2:00 Games (2L) <b>6:30 Band (4)</b> <b>"Silver Sage"</b>  <b>10:00-2:00 Personal Touch Clothing (2)</b>	<b>20</b> 9:30 Sit n Be Fit (2) 10:30 Crossword Puzzles (2) 2:00 Crafts (2)	<b>21</b>
<b>22</b> 2:30 Chapel (4)	<b>23</b> 9:30 Sit n' Be Fit (2) 10:00 Coffee and Chat (2) 10:30 Walking (2) 2:00 Afternoon Chores (2)	<b>24</b> 9:30 Chair Yoga (3) 10:30 Shuffleboard (3) 12:00 Men's Luncheon (2) 2:00 Canasta (2L)	<b>25</b> 9:30 Sit n Be Fit (2) 10:00 Coffee and Chat (2) 10:30 Cryptogram Puzzles (2) 2:00 Musical Memories (2)	<b>26</b> 9:15 Bible Study (3) 10:30 Mental Aerobics (2) 2:00 Games (2L) <b>6:30 Band (4)</b> <b>"AVJ"</b>	<b>27</b> 9:30 Sit n Be Fit (2) 10:30 Crafts (2) 2:00 Bingo (2)	<b>28</b>
<b>29</b> 2:30 Chapel (4)	<b>30</b> 9:30 Sit n' Be Fit (2) 10:00 Coffee and Chat (2) 10:30 Walking (2) 2:00 Afternoon Chores (2)	<b>31</b> 9:30 Chair Yoga (3) 10:30 Wheel of Fortune (2) <b>2:00 Halloween Party (T)</b>		<b>LEGEND</b> (2) 2 <sup>nd</sup> Floor, Activity Rm. (3) 3 <sup>rd</sup> Floor, Lounge (4) 4 <sup>th</sup> Floor, Chapel (6) Main Entrance 6	<b>LEGEND</b> (C) Clinic (2L) 2 <sup>nd</sup> Floor Dining Lounge (L) Lane Lounge (T) Terrace Room (CS) Corner Store	It is our policy to conduct resident activities as scheduled. If a calendar modification is necessary, every attempt will be made to post any changes in advance