



November 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 HAIR DAY 8:45 Shuffleboard 1:00 Paint Class	2 Turn your clocks back one hour tonight
3 2:30 Church: Memorial Presbyterian Church Daylight Savings Time ends	4 10:30 Exercise 1:00 Bible Chatter 2:30 Show and Tell	5 HAIR DAY 9:30 CO OP Shop 2:15 Bible Study 2:30 Reading Corner-	6 8:30 Newspaper 9:00 Woodworking 9:00 Tammy's Footcare 9:15 Yoga 1:00 Adventures with Norma	7 9:00 Reading Corner 11:00-2:00 Alberta Clothing Company 1:30 Tessa 2:30 Horse Racing 7:30 Covenant CRC Choir	8 HAIR DAY 8:45 Shuffleboard 1:30 Remembrance Day Ceremony 7:00 Birthday Party with Tim and Pat Frayn	9
10 2:30 Church: David and Stephanie Carter	 Remembrance Day Office Closed No Housekeeping	12 HAIR DAY 9:30 CO OP Shop 2:15 Bible Study 2:30 Reading Corner-	13 8:30 Newspaper 9:00 Woodworking 9:00 Tammy's Footcare 9:15 Yoga 11:00 Catholic Mass 1:00 Adventures with Norma	14 9:00 Reading Corner 9:00 Woodworking 10:30 Exercise 1:00 Adventures with Norma 1:30 Tessa 2:30 Horse Racing 6:00 Bus to Cowboy Church	15 HAIR DAY 8:45 Shuffleboard 1:00 Paint Class 7:00 Wolf Pack	16 1:30- 3:00 Toonie Tea and Treat And: 10:00- 2:00 Nola's 4-H club here to Christmas Decorate hallways
17 2:30 Church: Peter and Catherine Van Kampen	18 10:30 Exercise- Danielle	19 HAIR DAY 9:30 CO OP Shop 2:15 Bible Study 2:30 Reading Corner- Alice	20 8:30 Newspaper-Alice 9:00 Woodworking 9:00 Tammy's Footcare 11:30 Dinner Club 2:30 Music with Donna and Loretta?	21 9:00 Reading Corner Alice 9:00 Woodworking 10:30 Exercise- Danielle 1:00 Adventures with Norma 1:30 Tessa 2:30 Horse Racing 6:00 Bus to Cowboy Church	22 HAIR DAY 1:00 Paint Class	23 6:00 Parade of Lights 
24 2:30 Church: Cowboy Church	25 10:30 Exercise 12:30 Blood Pressure Clinic 2:30 Movie	26 HAIR DAY 9:30 CO OP Shop 10:45 Festival of Trees Luncheon 2:15 Bible Study & communion 2:30 Reading Corner-	27 9:00 Woodworking 9:00 Tammy's Footcare 1:00 Adventures with Norma 7:00 Singing and crafts with CRC girls youth group	28 9:00 Reading Corner 9:00 Woodworking 10:30 Exercise- Danielle 1:00 Adventures with Norma 2:30 Horse Racing 6:00 Bus to Cowboy Church	29 HAIR DAY 8:45 Shuffleboard 1:00 Paint Class	30

E-mail: wvlodge1@gmail.com Website: rockyseniors.com