

WELLNESS CALENDAR ---- NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Physio (10-12) SK/ATH/FR/NL Drumming (10:45--1 st floor) Piano Playing (4:00--1 st floor)	2 Hair Salon (10-12) Canteen Cart (afternoon--2 nd floor) Physio (10-12) MK/PEM/CL/TH Baking & Coffee Social (1 st floor) Special Breakfast (2 nd floor) Neighborhood Time (2 nd floor) Hymn Sing (11:00--PEM) Intergenerational Music Therapy (10:30--ATH) Music & Instruments (4:00--SK)	3 Bistro Open (morning) Physio (10-12) SK/ATH/FR/NL Music & Instruments (10:30--MK) Bell Choir (4:00--PEM) Pet Therapy (evening--MK/PEM)	4 Physio (10-12) MK/PEM/CL/TH Intergenerational Music Therapy (10:30--1 st floor) Bingo (2 nd floor)	5 Bistro Open (morning) Hymn Sing (11:00--1 st floor)	6
7	8 Physio (10-12) SK/ATH/FR/NL Drumming (10:45--1 st floor) Piano Playing (4:00--1 st floor)	9 Hair Salon (10-12) Canteen Cart (afternoon--2 nd floor) Physio (10-12) MK/PEM/CL/TH Baking & Coffee Social (1 st floor) Special Breakfast (2 nd floor) Neighborhood Time (2 nd floor) Hymn Sing (11:00--PEM) Intergenerational Music Therapy (10:30--ATH) Music & Instruments (4:00--SK)	10 Bistro Open (morning) Physio (10-12) SK/ATH/FR/NL Music & Instruments (10:30--MK) Bell Choir (4:00--PEM) Pet Therapy (evening--MK/PEM)	11 Physio (10-12) MK/PEM/CL/TH Intergenerational Music Therapy (10:30--1 st floor) Bingo (2 nd floor)	12 Bistro Open (morning) Hymn Sing (11:00--1 st floor)	13
14	15 Physio (10-12) SK/ATH/FR/NL Drumming (10:45--1 st floor) Piano Playing (4:00--1 st floor)	16 Hair Salon (10-12) Canteen Cart (afternoon--2 nd floor) Physio (10-12) MK/PEM/CL/TH Baking & Coffee Social (1 st floor) Special Breakfast (2 nd floor) Neighborhood Time (2 nd floor) Hymn Sing (11:00--SK) Intergenerational Music Therapy (10:30--ATH) Music & Instruments (4:00--SK)	17 Bistro Open (morning) Physio (10-12) SK/ATH/FR/NL Music & Instruments (10:30--MK) Bell Choir (4:00--PEM) Pet Therapy (evening--MK/PEM)	18 Physio (10-12) MK/PEM/CL/TH Intergenerational Music Therapy (10:30--1 st floor) Bingo (2 nd floor)	19 Bistro Open (morning) Hymn Sing (11:00--1 st floor)	20
21	22 Physio (10-12) SK/ATH/FR/NL Drumming (10:45--1 st floor) Piano Playing (4:00--1 st floor)	23 Hair Salon (10-12) Canteen Cart (afternoon--2 nd floor) Physio (10-12) MK/PEM/CL/TH Baking & Coffee Social (1 st floor) Special Breakfast (2 nd floor) Neighborhood Time (2 nd floor) Hymn Sing (11:00--PEM) Intergenerational Music Therapy (10:30--ATH) Music & Instruments (4:00--SK)	24 Bistro Open (morning) Physio (10-12) SK/ATH/FR/NL Music & Instruments (10:30--MK) Bell Choir (4:00--PEM) Pet Therapy (evening--MK/PEM)	25 Physio (10-12) MK/PEM/CL/TH Intergenerational Music Therapy (10:30--1 st floor) Bingo (2 nd floor)	26 Bistro Open (morning) Hymn Sing (11:00--1 st floor)	27
28	29 Physio (10-12) SK/ATH/FR/NL Drumming (10:45--1 st floor) Piano Playing (4:00--1 st floor)	30 Hair Salon (10-12) Canteen Cart (afternoon--2 nd floor) Physio (10-12) MK/PEM/CL/TH Hymn Sing (11:00--SK) Intergenerational Music Therapy (10:30--ATH) Music & Instruments (4:00--SK)	<p>**subject to change</p> <p>**1st floor---blackboard in living room is updated daily</p> <p>**2nd floor—whiteboards in each dining room are updated daily</p>			