

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



November 2023

Recreation Calendar for Harmony Lane of Orchard Heights

<p>10:15 am-Exercise-R3 11:00 am-TV Mass-3 11:45am-Parachute fun-R2 2:15 pm-Hymn sing-R2 3:30pm-Junk Drawer Detective -R5 6:45pm-Peace and color-R8</p> <p>5</p>	<p>9:30 am- Arthritis Exercise-R5 10:15am-Indoor hockey-R5 11:30am-You be the judge-R5 2:15 pm-Creating collages-R5 2:45pm-Bingo-R5 3:30pm-Armchair Travels-Sicily 6:45pm-Music video</p> <p>6</p>	<p>9:30am- Sing and stretch-R3 10:15am-Gone Fishing-R3 11:15am-Greenhouse Time-R3 2:00pm- Walk to ice cream parlor 2:45pm -Let's Bake cookies-R3 3:15pm- Pretty nails/family stories-R3 3:30pm-Water painting-R5 4:30pm-Baskets of Fun-R5 6:45pm-Online sing a long with Suzie Q-R5</p> <p>7</p>	<p>9:30am-Sit and Stretch -R5 10:15am-In the Spotlight-R5 11:00am-Old Time Sing a long-R5 2:15pm-Proverbs Plus-R5 3:15pm-Rosary-R5 4:30pm-Sing and Stroll-R5 6:45pm-Americas funniest home videos-R6</p> <p>8</p>	<p>9:30am-Dance moves-R7 10:15am- Communion Service-R7 2:15pm-Basketball-R 3:00pm- A-Z game-R5 3:30pm-Charades-R5 4:30 pm-Fun with color-R5 6:00pm-Easel Escapades-R2</p> <p>2</p>	<p>9:30am-Move to Music -R7 10:15am-It's a match-R7 12:00pm- Greenhouse Time-R7 2:00pm- Walk to Ice cream parlor-2 2:45pm-Connect 4-R5 3:15pm-Spelling Bee 4:30pm-Table Ball-R5 6:30pm-Bingo-R5</p> <p>3</p>	<p>10:15am-Morning news -R2 10:45am-Zumba with Marilyn 11:30am-One and done dice game-R3 2:00pm-Music by Kathy Calderella-R 3:30pm-Ladderball-R3 7:00pm-Movie Night-L8</p> <p>4</p>
<p>10:15 am-Exercise-R3 11:00am-TV Mass-3 11:45am-Talk and Toss -R2 2:15pm- Qwirkle-R2 3:30pm- Baskets of fun-R5</p> <p>12</p> <p>Diwali (Hindi)</p>	<p>9:30 am- Arthritis Exercise-R5 10:30am-Bowling-R5 11:30am-True or False-R5 2:15 pm- Bingo-R5 2:45pm-Paper puzzles-R5 3:30pm- Nature Watch-Sea Lions on You tube <i>Paper puzzles-R5</i> 6:45pm-Music by Donna Docenko-R</p> <p>13</p>	<p>9:30am- Sing and stretch-R3 10:30am-Buckets-P3 12:00am-Greenhouse Time-R3 2:00pm- Walk to ice cream parlor 2:45pm-Baking Cookies-R3 3:15pm-Pretty nails/family stories-R3 3:45pm-Its Puzzling-R5 6:45pm-Online sing a long with Suzie Q-R5</p> <p>14</p>	<p>9:30am- Sit and Stretch -R5 10:15am-Five second rule-R5 11:15am-Favorite Songs-R5 2:15pm-Music by Brian Beaudry-Rm 3:30pm- Community Meeting 4:30pm-Sing and Stroll-R5 6:45pm- Americas funniest home videos-R6</p> <p>15</p>	<p>9:30am-Dance moves-R7 10:15am- Catholic Mass-R7 11:00am-Country Ride-R7 2:15pm- Basket ball-R5 3:00pm-Balloon Swat-R5 3:30pm-A-Z game-P5 4:30pm-Fun with color-R5 6:30pm-</p> <p>16</p>	<p>9:30am- Move to Music -R7 10:15am-Penny Pitch-R7 12:00pm-Table Ball-R5 2:00pm-Walk to Ice cream parlor-2 2:45pm-Name that tune-R 3:30pm- Penny's in -P5 4:30pm-Table Ball-R5 6:30pm-Bingo-R5</p> <p>17</p>	<p>10:15am- Morning news -R2 10:45am-Zumba with Marilyn-R 11:15am-Shooting Gallery-R3 2:15pm-Music by Michael Dennehy-R 3:30pm-Octaband-R3 7:00pm-Movie Night-L8</p> <p>18</p> <p>Veterans Day Remembrance Day (Canada)</p>
<p>10:15 am-Exercise-R3 11:00 am-TV Mass-3 11:45am-Parachute fun-R2 2:00pm-Reading Chicken soup for the soul-R2 3:30pm-Junk Drawer Detective-R5 6:45pm-Peace and color-R8</p> <p>19</p>	<p>9:30 am- Arthritis Exercise-R5 10:15am-Indoor hockey-R5 11:30am-Checkers-R5 2:15pm-Painting-R5 2:45pm-Bingo-R5 3:30pm-Armchair Travels-France 6:45pm-Music by Sinatra and more-R</p> <p>20</p>	<p>9:30am- Sing and stretch-R3 10:15pm- -R3 12:00am-Greenhouse Time-R3 2:00pm-Walk to ice cream parlor 2:45pm-Baking a cake-R3 3:15pm-Pretty nails/family stories-R3 3:45pm-Water painting-R5 4:30pm-Baskets of Fun-R5 6:45pm-Online sing a long with Suzie Q-R5</p> <p>21</p>	<p>9:30am-Sit and Stretch-R5 10:15am-I hear memories-R5 11:15am- Old Time Sing a long-R5 2:15pm-When you wish upon a bone-R 3:30pm- Rosary-R5 4:30pm-Sing and Stroll-R5 6:45pm-Americas funniest home videos-R6</p> <p>22</p>	<p>9:30am- Turkey Trot-R7 10:15am-Communion Service-R7 2:15pm-Pie Social with Peter Van Scozza-R 3:00pm-Balloon Swat-R5 3:30pm- Picture this-P5 4:30pm-Fun with color-R5 6:00pm-Easel Escapades-R2</p> <p>23</p> <p>Thanksgiving Day (US)</p>	<p>9:30am- Move to Music -R7 10:15am- Make a sandwich-R7 12:00pm-Greenhouse Time-R7 2:00pm-Walk to Ice cream parlor-2 2:45pm- Hand Massage-P5 3:30pm- Spelling Bee -P5 4:30pm-Table Ball-R5 6:15pm-Bingo</p> <p>24</p>	<p>10:15am- Morning news -R2 10:45am-Exercise-R2 11:30am-One and done dice game-R3 2:15pm-Music by Glenn Colton-R 3:30pm-Balloon swat-R3 7:00pm-Movie Night-L8</p> <p>25</p>
<p>10:15 am-Exercise-R3 11:00 am-TV Mass-3 11:45am-Parachute fun-R2 2:00pm-Reading Chicken soup for the soul-R2 3:30pm-Junk Drawer Detective-R5 6:45pm-Peace and color-R8</p> <p>26</p>	<p>9:30 am- Arthritis Exercise-R5 10:15am-Indoor hockey-R5 11:30am-Tablet Fun-Word Search 2:45pm-Bingo-R5 3:30pm-Nature watch-Cascadia-Where Giants roam on you tube 6:45pm- Music video</p> <p>27</p>	<p>9:30am- Sing and stretch-R3 12:00am-Greenhouse Time-R3 2:15pm-Bulletin Board Prep.-R3 3:15pm-Pretty nails/family stories-R3 3:45pm-Water painting-R5 4:30pm-Baskets of Fun-R5 6:45pm-Online Sing a long with Suzie Q-R5</p> <p>28</p>	<p>9:30am-Sit and Stretch-R5 10:15am-In the spotlight-R5 11:15am - Old Time Sing a long-R5 2:15pm- Dart ball-R5 3:30pm- Rosary-R5 4:30pm-Sing and Stroll-R5 6:45pm-Americas funniest home videos-R6</p> <p>29</p>	<p>9:30am- Move to music-R7 10:15am-Communion Service-R7 11:00am-Country Ride-R7 2:15pm-Sing a long-R5 3:00pm-Balloon Swat-R5 3:30pm- Picture this-P5 4:30pm-Fun with color-R5 6:00pm-Easel Escapades-R2</p> <p>30</p>	<p>Calendar Key Staff:1-Lee 2-Jacie 3-Linda 4-Lori 5-Recreation staff 6. Nursing staff 7.Jen 8-Volunteer- 9-independent .Room: A-Activities Room (AL side) R-Recreation Room P-Patio This calendar is subject to change. Questions may be brought to Lee in Recreation</p>	