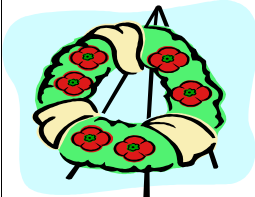











# CAMA Woodlands

# November 2010

# Program Calendar



| Sun  | Mon   | Tue  | Wed   | Thu  | Fri   | Sat  |
|--|---|--|---|--|---|--|
|   | <b>1</b> 10:45 Outing to Veteran's Appreciation Luncheon<br>10:30 Spec. Worship / Bingo<br>1:45 Coffee Hour<br>3:00 Restorative Exercises<br>3:45 Hymn Sing/ 1-1 Visits<br>6:30 Reminiscing | <b>2</b> 10:30 Restorative Exercises<br>1:45 Crafters Club<br>4:00 Get Up & Go!<br>6:30 Sunshine Group in the CAMA Cafe  | <b>3</b> 10:30 Worship Service<br>1:30 Bingo<br>4:00 Get Up & Go!<br>6:30 Shut the Box Game   | <b>4</b> 10:00 Restorative Exercises<br>1:30 Bible Study<br>1:30 Manicures<br>4:00 Get Up & Go!<br>6:30 Sunshine Group in CAMA Cafe  | <b>5</b> 10:00 Restorative Exercises<br>10:30 Current Events<br>2:30 Entertainment with Bud & Ken<br>4:30 Get Up & Go!<br>6:30 Horse Racing Game                        | <b>6</b> 10:30 Sit n' Stretch<br>11:00 Trivia<br>2:00 Tea with Current Events<br>4:00 Get Up & Go!   |
| <b>7</b> <u>Turn Clocks Back to Standard Time</u><br><br>10:00 One to One Visits<br>10:30 Worship Service<br>2:00 Baking Club<br>4:00 Get Up & Go!  | <b>8</b> 10:30 Bingo<br>10:30 Special Need Worship<br>1:45 Coffee Hour<br>3:00 Restorative Exercises<br>3:45 Hymn Sing<br>4:00 One to One Visits<br>6:30 Reminiscing                        | <b>9</b> 10:30 Restorative Exercises<br>2:00 Horticulture with Marj Latimer<br>4:00 Get Up & Go!<br>6:30 CAMA Christmas Choir Practice          | <b>10</b> 10:30 Remembrance Day Ceremony<br>1:30 Bingo<br>4:00 Get Up & Go!<br>6:30 Bazaar Crafts  | <b>11</b> <u>Remembrance Day</u><br>10:30 CBC Televised Remembrance Day Service<br>1:45 Bazaar Preparation<br>4:00 Get Up & Go!<br>6:30 Poetry by the Fore   | <b>12</b> 10:00 Restorative Exercises<br>10:30 Residents Council<br>2:30 Entertainment with Mr. Farentino<br>4:30 Get Up & Go!<br>6:30 Crossword Challenge              | <b>13</b> <u>Christmas Bazaar 9:00am to 12:00pm</u><br><br> |
| <b>14</b> 10:00 One to One Visits<br>10:30 Worship Service<br>2:00 Baking Club<br>4:00 Get Up & Go!  | <b>15</b> 10:30 Bingo<br>10:30 Special Need Worship<br>1:30 Woodworking<br>3:00 Restorative Exercises<br>3:45 Hymn Sing<br>4:00 One to One Visits<br>6:30 Reminiscing                       | <b>16</b> 10:30 Restorative Exercises<br>10:00 Seniors Day to Remember at Burlington Mall<br>4:00 Get Up & Go!<br>6:30 Sunshine Group in the CAMA Cafe   | <b>17</b> <u>Library Visits</u><br>10:30 Worship Service<br>1:30 Bingo<br>4:00 Get Up & Go!<br>6:30 Trivia Fun  | <b>18</b> 10:00 Restorative Exercises<br>1:30 Bible Study/Manicures<br>2:00 Animal Aid Visits<br>4:00 Get Up & Go!<br>6:30 CAMA Christmas Choir Practice  | <b>19</b> 10:00 Restorative Exercises<br>10:30 Current Events<br>2:30 Birthday Party with Paul Beattie<br>4:30 Get Up & Go!<br>6:30 Fireside Chat                       | <b>20</b> 10:30 Sit n' Stretch<br>11:00 Trivia<br>2:00 Tea with Current Events<br>4:00 Get Up & Go!  |
| <b>21</b> 10:00 One to One Visits<br>10:30 Worship Service<br>2:00 Baking Club<br>4:00 Get Up & Go!<br><br>                                       | <b>22</b> 10:30 Bingo<br>10:30 Special Need Worship<br>1:45 Coffee Hour<br>3:00 Restorative Exercises<br>3:45 Hymn Sing<br>4:00 One to One Visits<br>6:30 Reminiscing                       | <b>23</b> 10:15 Restorative Exercises<br>10:30 Music with Mary  1:45 Crafters Club<br>4:00 Get Up & Go!<br>6:30 CAMA Christmas Choir Practice | <b>24</b> 10:30 Worship Service<br>1:30 Bingo<br>4:00 Get Up & Go!<br>6:30 Sunshine Group in the CAMA Cafe  | <b>25</b> 10:00 Restorative Exercises<br>1:30 Bible Study<br>1:30 Manicures<br>4:00 Get Up & Go!<br>6:30 Sunshine Group in CAMA Cafe   | <b>26</b> 10:00 Rest. Exercises<br>10:30 Current Events<br>2:00 Armchair Travel with Tasty Treats<br>4:30 Get Up & Go!<br>5:30 Tale Out Night<br>7:00 One to One Visits | <b>27</b> 10:30 Sit n' Stretch<br>11:00 Trivia<br>2:00 Entertainment with Escapade<br>4:00 Get Up & Go!  |
| <b>28</b> 10:00 One to One Visits<br>10:30 Worship Service<br>2:00 Baking Club<br>4:00 Get Up & Go!  | <b>29</b> 10:30 Bingo<br>10:30 Special Need Worship<br>1:30 Woodworking<br>3:00 Restorative Exercises<br>3:45 Hymn Sing<br>4:00 One to One Visits<br>6:30 Reminiscing                       | <b>30</b> 10:30 Restorative Exercises<br>1:45 Crafters Club<br>4:00 Get Up & Go!<br>6:30 Sunshine Group in the CAMA Cafe   |   | <u>November Birthdays</u><br>Laurie McKay—10th<br>Doris Pearcey—15th<br>Frank Harry—19th<br>Helen LeBlanc—20th<br>Lil Sparrow—26th<br>Gilda Steplock—30th  |   |   |