



## NOVEMBER 2024



WEST SHORE VILLAGE	E											WEST SHORE VILLAGE	
		Locat	ion Key	1		Sign-Up Sheets		The Village Pub		Friday 10:00 Stand & Fit (Josh)	1 (MR)	Saturday 10:00 Stand & Fit (Josh)	2 (MR)
Lest we forget	-	MR - Multipurpose Room	TH - Thea	itre				Happy Hour		1:00 Tuck Shop Open	(TS)	2:00 Langford-Opoly	(MR)
Lest we longet	•	DR - Dining Room	TS - Tuck		A	star beside an activity or	On	en Wednesdays & Fridays		1:00 Knitting Crew	(MR)	2:00 Movie Matinee:	(TH)
	-	FL - Fireside Lounge	VL - Villag	1111	C	outing on this calendar	Opt	3:30pm-5:30pm		3:30pm-5:30pm Pub Happy Hour (VP	)	"Coco"	
A T		HS - Hair Salon VP - Village Pub	LL - Lodge	e Lobby ge Courtyard		cates sign-up is required.	S	undays 2:00pm-4:00pm		6:00 Board Games	(MR)	6:00 Board Games	(MR
R. S. Lucitard when		CF - Cafe	L - Librar		٦	The Activities binder is	3			6:30 Movie Night:	(TH)		
		PT - Patio off Dining Room		\$ 22 F	loca	ted by Village elevator in				"Coco"			
										Dia de Los Muertos		Day of the Dead	
Sunday	3	Monday	4	Tuesday	5	Wednesday	6	Thursday	7	Friday	8	Saturday	9
10:00 Mobility Exercises (Livia)	(MR)	10:00 Ball & Band Exercises (Livia)	(MR)	10:00 SAIL Exercise (Livia)	(MR)	9:30 Java Group	(L)	9:45 Balance & Core (Leah)	(MR)	10:00 Stand & Fit (Josh)	(MR)	10:00 Stand & Fit (Josh)	(MR
2:00pm-4:00pm Pub Happy Hour	(VP)	1:00 Tuck Shop Open	(TS)	2:00 Documentary:	(TH)	10:00 Weighted Exercises (Livia) (I	(MR)	Camosun Nursing Students (B	SN)	1:00 Tuck Shop Open	(TS)	2:00 Sing-a-Long Group	(MR
2:00 Movie Matinee:	(TH)	1:00 Jacko	(MR)	"John McCrae's War: In Flanders, Fiel	ds"	Dunsmir Middle School Students		1:30pm-2:30pm in the Multi-Purpo	se Room	1:00 Knitting Crew	(MR)	2:00 Movie Matinee:	(TH
"Coco"		Esthetics Massage Demo with Bu	shra	2:00 Blood Pressure Clinic	(MR)	1:00pm-2:00pm in the Village Pub		1:00 Rummikub	(VP)	3:30pm-5:30pm Pub Happy Hour (VP	)	"Unbroken"	
2:00 Music with Mervin	(MR)	2:00pm-2:30pm in the Multi-Purpos	e Room	Aviation Museum Outing	$\wedge$	1:00 Tuck Shop Open	(TS)	6:00 Board Games	(MR)	6:00 Board Games	(MR)	6:00 Board Games	(MR
6:00 Board Games	(MR)	6:00 Board Games	(MR)	12:30pm-3:30pm	$\square$	1:00 Bingo	(L)	Special Diwali Dinner - Different S	eatings	6:30 Movie Night:	(TH)		
				6:00 Board Games	(MR)	3:30pm-5:30pm Pub Happy Hour (VP)		Stories and Dance by Shwet	a 👘	"Unbroken"			
					` ´	Shuffleboard with Zayra		In the Fireside Lounge 6:30pm-7:					
						6:00 Board Games (M	AR)	Monthly Fire Alarm Testing					
Sunday	10	Monday	11	Tuesday	12		13	Thursday	14	Friday	15	Saturday	16
10:00 Mobility Exercises (Livia)	(MR)	,		10:00 SAIL Exercise (Livia)	(MR)	9:30 Java Group	(L)	9:45 Balance & Core (Leah)	(MR)	<b>10:00</b> Stand & Fit (Josh)	(MR)	10:00 Stand & Fit (Josh)	(MR)
1:30 Open Painting	(MR)			1:00 Music Bingo with Bailey	(MR)	·	(MR)	9:30am-11:30am	<∽	1:00 Tuck Shop Open	(TS)	2:00 Langford-Opoly	(MR)
2:00pm-4:00pm Pub Happy Hour		10:30am-11:15am in the Multi-Purpo		2:00 Documentary:	(TH)		(TS)	Walmart/Westshore Mall	$\mathbf{M}$	1:00 Knitting Crew	(MR)	2:00 Movie Matinee:	(ITH)
2:00 Movie Matinee:	(VF) (TH)			"Island Of The Sea Wolves Epiode 1		····	(III)	Camosun Nursing Students (B	SN)	3:30pm-5:30pm Pub Happy Hour (VP	` '	"Freelance"	(,
"Unbroken"	(11)		(TS)		(MR)	3:30pm-5:30pm Pub Happy Hour (VP)			-		(MR)		(840)
	(147)	1:00 Tuck Shop Open 1:00 Jacko	. ,	6:00 Board Games	(IVIR)		~	Hand Washing and Antibiotic Use Pres		6:00 Board Games	` '	6:00 Board Games	(MR)
6:00 Board Games	(MR)		(MR)			Burger & Brew	D	1:30pm-2:30pm in the Multi-Purpo		6:30 Movie Night:	(TH)		
		6:00 Board Games	(MR)			4:30pm-6:00pm in the Village Pub		1:00 Rummikub	(VP)	"Freelance"			
Sunday	17	Remembrance Day Monday	18	Tuesday	19		(MR) 20	6:00 Board Games Thursday	(MR) 21	Friday	22	Saturday	23
•		•		~		•	20	•		•		2	
10:00 Mobility Exercises (Livia)	(MR)		(MR)	10:00 SAIL Exercise (Livia)	(MR)	9:30 Java Group	(L)	9:45 Balance & Core (Leah)	(MR)	10:00 Stand & Fit (Josh)	(MR)	10:00 Stand & Fit (Josh)	(MR)
2:00pm-4:00pm Pub Happy Hour		1:00 Tuck Shop Open	(TS)	1:00pm-3:00pm		. , .	(MR)	Camosun Nursing Students (B	-	1:00 Tuck Shop Open	(TS)	The Ablaze Choir	
2:00 Movie Matinee:	(TH)		(MR)	Casino Outing	()		(TS)	1:00pm-2:00pm in the Multi-Purpo		1:00 Knitting Crew	(MR)	2:00pm-3:00pm in the Dining Roo	
"Freelance"		6:00 Board Games	(MR)	2:00 Documentary:	(TH)	5	(MR)	1:00 Rummikub	(VP)	3:30pm-5:30pm Pub Happy Hour (VP	)	2:00 Movie Matinee:	(TH)
2:00 Travel Talk Series: Rudy V	(MR)			"Island Of The Sea Wolves Epiode 2		1:00 Bible Study	(L)			Darts With Cheryl		" The Breakfast Club"	
"South Africa"				6:00 Board Games	(MR)	Fall Prevention Seminar with Rexall Pharma	acy	2:00pm-3:00pm		6:00 Board Games	(MR)	6:00 Board Games	(MR)
6:00 Board Games	(MR)					2:30pm-3:30pm In the Multi-Purpose Roon	m	with Jesse Thomas Brown Perfor	rming	6:30 Movie Night:	(TH)		
						3:30pm-5:30pm Pub Happy Hour (VP)		6:00 Board Games	(MR)	" The Breakfast Club"			
	<u> </u>		~ ~				MR)						
	24	Monday	25	Tuesday	26	Wednesday 2	27	Thursday	28	Friday	29	Saturday	30
Sunday					(MR)	9:30 Java Group	(L)	9:45 Balance & Core (Leah)	(MR)	10:00 Stand & Fit (Josh)	(MR)	10:00 Stand & Fit (Josh)	(MR)
Sunday 10:00 Mobility Exercises (Livia)		10:00 Chair Zumba (Livia)	(MR)	9:45 SAIL Exercise (LIvia)	(								
•	(MR)	<ul><li>10:00 Chair Zumba (Livia)</li><li>1:00 Tuck Shop Open</li></ul>	(MR) (TS)	2:00 Resident Meeting	(DR)	10:00 Weighted Exercises (Livia) (I	(MR)	Camosun Nursing Students (B	SN)	1:00 Tuck Shop Open	(MR)	2:00 Langford-Opoly	
10:00 Mobility Exercises (Livia)	(MR) <mark>(VP)</mark>			2:00 Resident Meeting	(DR)		(MR) (TS)	Camosun Nursing Students (B 1:30pm-2:00pm in the Multi-Purpo	-	1:00 Tuck Shop Open 1:00 Knitting Crew	(MR) (MR)	2:00 Langford-Opoly 2:00 Movie Matinee:	
10:00 Mobility Exercises (Livia) 2:00pm-4:00pm Pub Happy Hour	(MR) (VP) rith Ajit	1:00 Tuck Shop Open	(TS)	2:00 Resident Meeting	(DR)	1:00 Tuck Shop Open			-		(MR)	• • •	
10:00 Mobility Exercises (Livia) 2:00pm-4:00pm Pub Happy Hour Complimentary Hearing Aid Clinic w	(MR) (VP) rith Ajit	1:00 Tuck Shop Open 1:00 Jacko	(TS) (MR)	2:00 Resident Meeting 3:00pm- 4:00pm Christmas Craft	(DR)	1:00 Tuck Shop Open	(TS)	1:30pm-2:00pm in the Multi-Purpo	se Room (L)	1:00 Knitting Crew	(MR) )	2:00 Movie Matinee:	(TH
10:00 Mobility Exercises (Livia) 2:00pm-4:00pm Pub Happy Hour Complimentary Hearing Aid Clinic w In the Multi-Purpose Room 1:00pm-2	(MR) (VP) rith Ajit 2:30pm	1:00 Tuck Shop Open 1:00 Jacko	(TS) (MR)	2:00 Resident Meeting 3:00pm- 4:00pm Christmas Craft in the Multi-Purpose Room	(DR)	1:00 Tuck Shop Open   1:00 Bingo (I   3:30pm-5:30pm Pub Happy Hour (VP)	(TS)	1:30pm-2:00pm in the Multi-Purpo	se Room (L) ee	1:00 Knitting Crew 3:30pm-5:30pm Pub Happy Hour (VP	(MR) )	2:00 Movie Matinee: "Red Notice"	(MR) (TH) (MR)
10:00 Mobility Exercises (Livia) 2:00pm-4:00pm Pub Happy Hour Complimentary Hearing Aid Clinic w In the Multi-Purpose Room 1:00pm-2 2:00 Movie Matinee:	(MR) (VP) rith Ajit 2:30pm	1:00 Tuck Shop Open 1:00 Jacko 6:00 Board Games	(TS) (MR)	2:00 Resident Meeting 3:00pm- 4:00pm Christmas Craft in the Multi-Purpose Room 3:00 Documentary:	(DR)	1:00 Tuck Shop Open   1:00 Bingo (I   3:30pm-5:30pm Pub Happy Hour (VP)	(TS) (MR)	1:30pm-2:00pm in the Multi-Purpo 1:00 Rummikub 2:30pm Resident Christmas Tr	se Room (L) ee	1:00 Knitting Crew 3:30pm-5:30pm Pub Happy Hour (VP Karaoke with Franklin & Roger in The F	(MR) ) Pub	2:00 Movie Matinee: "Red Notice"	(TH)

