


Rose and Willow November 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------|--|---|--|--|---|---|
| | 1 10:00 Spiritual Reflections-R 11:00 Spiritual Reflections-W 2:30 Tea Time -W&R | 2 9:00 Hairdresser 10:15 Balloon Toss-W 2:00 Tuck shop-R 2:30 Tea Time- W&R | 3 10:15 Mental Aerobics-W 2:30 Tea Time- W&R 3:30 Mental Aerobics-R | 4 9:00 Hairdresser 10:00 Chapel-R/W 2:30 Tea Time- W&R 3:30 Hand Massages-R 3:30 Basketball-W | 5 10:30 Exercises -R 10:30 Yoga Stretch-W 11:00 Trivia-W 1:30 Bingo-R 1:30 Bingo-W 2:00 Tuck shop-R 2:30 Tea Time- W&R 3:15 Balloon Toss-W 3:15 Darts-R | 6 10:30 Exercises -W 2:30 Tea Time- W&R 2:00 Baking Banana Bread-W 1:45 Basketball-R |
| 7 2:30 Tea Time -W/R | 8 10:00 Spiritual Reflections-R 11:00 Spiritual Reflections-W 2:00 Bowling-R 2:30 Tea Time -W&R 3:30 Racketball-W | 9 9:00 Hairdresser 1:30 Racketball-W 2:00 Tuck shop-R 2:30 Tea Time- W&R | 10 10:30 Racketball-R 2:30 Tea Time- W&R 3:30 Yahtzee-W | 11 Remembrance Day Lest we Forget  | 12 10:30 Exercises -R 10:30 Yoga Stretch-W 11:00 Trivia-W 1:30 Bingo-W 2:30 Bingo-R 2:00 Tuck shop-R 2:30 Tea Time- W&R 3:15 Basketball-R | 13 10:30 Exercises -W 1:45 Music Trivia-W 2:00 Special Music -R 2:30 Tea Time- W&R 3:30 Darts-R |
| 14 2:30 Tea Time -W/R | 15 10:00 Spiritual Reflections-R 11:00 Spiritual Reflections-W 1:45 Armchair travel to Dominican Republic-R 2:00 Bowling-W 2:30 Tea Time -W&R 3:30 Racketball-R | 16 9:00 Hairdresser 10:15 Balloon Toss-W 1:30 Racketball-R 2:00 Tuck shop-R 2:30 Tea Time- W&R | 17 10:15 Mental Aerobics-W 10:30 Racketball-R 1:45 Music-R 2:30 Tea Time- W&R 3:30 Yahtzee-W 3:30 Mental Aerobics-R | 18 9:00 Hairdresser 10:00 Chapel-R/W 2:00 Birthday Tea-R 2:30 Tea Time- W&R 3:30 Racketball-W | 19 10:30 Exercises -R 10:30 Yoga Stretch-W 11:00 Trivia-W 1:30 Bingo-W 1:30 Bingo-R 2:00 Tuck shop-R 2:30 Tea Time- W&R 3:15 Trivia-R | 20 10:30 Exercises -W 2:00 Special Music-W 2:30 Tea Time- W&R 2:00 Baking Short Bread Cookies-R |
| 21 2:30 Tea Time -W/R | 22 10:00 Spiritual Reflections-R 11:00 Spiritual Reflections-W 3:00 Armchair Travel to Dominican Republic-W 2:00 Bowling-R 2:30 Tea Time -W&R 3:30 Racketball-W | 23 9:00 Hairdresser 10:15 Balloon Toss-W 1:30 Racketball-R 2:00 Tuck shop-R 2:30 Tea Time- W&R | 24 10:15 Mental Aerobics-W 10:30 Racketball-R 1:45 Music-R 2:30 Tea Time- W&R 3:30 Yahtzee-W 3:30 Mental Aerobics-R | 25 9:00 Hairdresser 10:00 Chapel-R/W 1:30 Social visits W 1:45 Painting -R 2:30 Tea Time- W&R 3:00 Social visits -R | 26 10:30 Exercises -R 10:30 Yoga Stretch-W 11:00 Trivia-W 1:30 Bingo-W 1:30 Bingo-R 2:00 Tuck shop-R 2:30 Tea Time- W&R 3:00 Puzzles | 27 10:30 Exercises -W 2:30 Tea Time- W&R 1:45 Music Bingo-R 3:00 Basketball-W |
| 28 2:30 Tea Time -W/R | 29 10:00 Spiritual Reflections-R 11:00 Spiritual Reflections-W 2:00 Bowling-W 2:30 Tea Time -W&R 3:30 Racketball-R | 30 Christmas Decorating-R 9:00 Hairdresser 10:00 Balloon Toss-W 2:00 Tuck shop-R 2:30 Tea Time- W&R | | | | |