



November 2018 The Berkeley Halifax

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LOCATION TV Room (TR) 1st Floor (1F)			10:00 Trip to Sobeys 11:00 Exercises 2:00 Travel Video 3:00 Afternoon Tea 7:00 Heartland TV Series	10:00 Morning Crosswords 10:30 Exercises 2:00 Afternoon Cards /Games Social 3:00 Afternoon Tea 6:00 Movie Night (TR)	2:00 Bingo with Elizabeth 3:00 Afternoon Tea 6:30 Movie Night
1:30 Luxury Travel Show Video 3:00 Afternoon Tea 6:30 Movie Night	10:00 Mental Aerobics 11:00 Exercise 2:00 Noodle Ball 2:30 Music with Tony Quinn 3:00 Afternoon Tea 6:30 Documentary Monday	10:00 News and Views with Hannah 11:00 Exercises 1:30 Afternoon Drive with Hannah 3:00 Afternoon Tea 6:00 The Waltons TV Series	10:00 Manicures with Hannah 11:00 Exercises 2:00 Family Heirlooms Discussion 3:00 Afternoon Tea 7:00 Music with Alex Vaughan 7:00 Residents Choice TV Night	10:00 Trip to Sobeys 11:00 Exercises 2:00 Skipbo with Hannah 3:00 Afternoon Tea 7:00 Heartland TV Series	10:00 Morning Crosswords 10:30 Exercises 2:00 History Club 3:00 Afternoon Tea 6:00 Movie Night (TR)	2:00 Scattegories with Elizabeth 3:00 Afternoon Tea 6:30 Movie Night
12:00 Remembrance Day Service -Televised from Ottawa 2:00 Remembrance Day Service with Rev. Helen Ryding 3:00 Afternoon Tea 6:30 Movie Night	10:00 Mental Aerobics 11:00 Exercise 2:30 Sing along with John DeWolfe-War Time Tunes 3:00 Afternoon Tea 6:30 Documentary Monday	10:00 News and View with Gloria 11:00 Exercises 2:00 Remember When with Gloria 3:00 Afternoon Tea 6:00 The Waltons TV Series	10:00 RC Mass (1F) 11:00 Exercises 2:00 Be A Santa To A Senior Kick Off 3:00 Afternoon Tea 3:00 Dining In with Gloria-Prep 5:00 Dining In with Gloria - Meal 6:30 Evening Yoga 7:00 Residents Choice TV Night	10:00 Manicures with Gloria 11:00 Exercises 1:30 Baking with Gloria 3:00 Afternoon Tea 3:00 Tea and Tasting 7:00 Heartland TV Series	10:00 Morning Crosswords 10:30 Exercises 2:00 Music with James Devine 3:00 Afternoon Tea 6:00 Movie Night (TR)	1:30 Blood Pressure &Weight Clinic 3:00 Afternoon Tea 6:30 Movie Night
1:30 Luxury Travel Show Video 3:00 Afternoon Tea 6:30 Movie Night	10:00 Mental Aerobics 11:00 Exercise 2:00 Ballon Tennis 2:30 Tunes with Tony Quinn 3:00 Afternoon Tea 6:30 Documentary Monday	10:00 News and Views with Hannah 11:00 Exercises 2:00 Travelling Club 3:00 Afternoon Tea 6:00 The Waltons TV Series	10:00 Holy Communion 11:00 Exercises 2:00 Bowling with Hannah 3:00 Afternoon Tea 6:30 Evening Yoga 7:00 Residents Choice TV Night	10:00 Trip to Sobeys 11:00 Exercises 2:00 Birthday Party with The Trilites 3:00 Afternoon Tea 7:00 Heartland TV Series	10:00 Morning Crosswords 10:30 Exercises 1:30 Trip to Wal-Mart 3:00 Afternoon Tea 6:00 Movie Night (TR)	2:00 Getting to know you with Elizabeth 3:00 Afternoon Tea 6:30 Movie Night
1:30 Luxury Travel Show Video 3:00 Afternoon Tea 6:30 Movie Night	10:00 Mental Aerobics 11:00 Exercise 2:00 Kitten Visit 2:30 Sing along with John DeWolfe 3:00 Afternoon Tea 6:30 Documentary Monday	Holiday Decorating Day	10:00 Manicures with Hannah 11:00 Exercises 2:00 Christmas Craft-Christmas Cards 3:00 Afternoon Tea 6:30 Evening Yoga 7:00 Residents Choice TV Night	10:00 Trip to Sobeys 11:00 Exercises 11:45 Lunch out with Hannah 2:30 Word Scrambles 3:00 Afternoon Tea 7:00 Heartland TV Series	10:00 Morning Crosswords 10:30 Exercises 2:00 Christmas Center Pieces 3:00 Afternoon Tea 6:00 Movie Night (TR)	