

# November 2023 - Golden Hills Lodge, Three Hills AB

| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   |
|---|---|--|---|--|---|--|
|   | <b>DOMAINS</b><br>Blue - Physical<br>Orange - Brain/Cognitive<br>Purple - Social<br>Green - Creative/Emotional<br>Red - Entertainment<br>Black - monthly services |  | <b>1</b><br>9:15 - Exercises<br>10:00 - Vitamin B12 Clinic<br>1:00 - Visit with the PCP students Unit 5 Dining Room<br>2:00 - Packing Shoe Boxes Auditorium       | <b>2</b><br>9:15 - Exercises<br>10:00 - Quiddler<br>10:00am-2:00pm: If the Shoe Fits Boutique<br>3:00 - Balloon Volleyball                   | <b>3 National Jersey Day</b><br>*wear a Jersey to Lunch<br>9:15: Exercises: Stretching<br>10:00 Brain Boost<br>2:00 - BINGO                 | <b>4</b>   |
| <b>5</b><br>10:30 Church Service<br><br>4:00 Three Hills Ministerial Service                            | <b>6</b><br>9:15 - Exercises<br>10:30 - Puppy Visit<br><br>2:00 - Movie Matinee: The Great Escape   | <b>7</b><br>9:15 Exercises: Balance & Mobility<br>10:00 Men's/Ladies Coffee Break<br>1:00 Drumline Class<br>3:00 Axe Throwing                    | <b>8</b><br>9:15 Exercises: Weights<br>10:00 - Skip Bo<br>11:00 - Connect 4<br>2:00 Campfire sing along   | <b>9</b><br>9:00 ATB financial<br>9:00 Nimble Fingers<br>9:15 - Exercises<br>10:30 - 5 Crowns<br>2:00 Remembrance Day Ceremony in Auditorium | <b>10</b><br>9:15 Exercises: Stretching<br>10:00 - Brain Boost<br>10:00: Crokinole<br>2:00 - Remembrance Day Poppy Craft for our Lobby Tree | <b>11</b><br>Remembrance Day                         |
| <b>12</b><br>10:30 Church Service<br><br>4:00 Three Hills Ministerial Service                           | <b>13</b><br>9:15 Exercises<br>10:00 - 5 Crowns<br>2:00-4:00pm The Rack on 3rd Clothing Boutique<br>2:00 - Brain Boost in Coffee Room                             | <b>14</b><br>9:15 Exercises: Balance & Mobility<br>10:30-11:30 IDA Tuck Shop<br>11:00 Walking Group<br>1:00 Drumline Class<br>2:00 Table Curling | <b>15</b><br>9:15 Exercises<br>10:00 Coffee and Games with the Prairie Service Students<br>11:00 Shuffleboard<br>1:00-3:00pm: In/out canvas sign workshop         | <b>16</b><br>9:15 - Exercises<br>10:00 Skip BO<br>11:00 Shuffleboard<br><br>3:00 - Thinking Thursday   | <b>17</b><br>9:15 Exercises<br>10:00 Brain Boost<br><br>2:00 - CFL Tailgate Party in Auditorium   | <b>18</b><br>Craft Sale<br><br>9am-3pm in auditorium |
| <b>19 CFL Grey Cup Sunday</b><br>10:30 Church Service on TV<br><br>4:00 Three Hills Ministerial Service | <b>20</b><br>9:15 Exercises: Stretching<br>10:00 Brain Boost<br>11:00 - Shuffleboard<br>3:00 - Tin Can Hunting Gallery  | <b>21</b><br>9:15 Exercises: Balance & Mobility<br>10:00 Skip Bo<br>11:00 Walking Group<br>1:00 Drumline Class<br>2:00 BINGO                     | <b>22</b><br>9:15 Exercises: Weights<br>10:00 Birthday Baking with Prairie College Students<br>10:00 Table Top Curling with College Students<br>2:00 Birthday Tea | <b>23</b><br>9:15 Exercises: Balance & Mobility<br>10:30 - Wellness Thursday: Falls Prevention Talk with PCN nurse Kim.<br>3:00 - Quiddler   | <b>24</b><br>9:15: Exercises: Stretching<br>10:00 Brain Boost<br>11:00 Axe Throwing<br>2:00 PUFF: Wonders of the Coral Reef Documentary     | <b>25</b><br>Have a great day!                       |
| <b>26</b><br>10:30 Church Service<br><br>4:00 Three Hills Ministerial Service                           | <b>27</b><br>9:15 Exercises: Stretching<br>10:00 5 Crowns<br><br>3:00 Brain Boost   | <b>28</b><br>9:15 Exercises: Balance & Mobility<br>10:00 Quiddler<br>11:00 Walking Group<br>2:00 Arm Chair Travel to England                     | <b>29</b><br>9:15 Exercises: Weights<br>10:00: Skip BO<br>2:00 Balloon Badminton  | <b>30</b><br>9:15 - Exercises: Balance and Mobility<br>10:00 - Dominos<br>2:00 - Caption that Picture  |   |  |