







Amber Lea Place Activity Calendar November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 NOVEMBER	<p>1 10:15am Second Floor Exercises 1:50 Bocce Ball Teams 3 & 4 3pm Snack Time</p>	<p>2 FALLS PREVENTION CLASS 10:30AM IN THE ACTIVITY ROOM</p>	<p>3 10:15 Main floor Exercises 1:50pm Bingo 3pm Snack Time</p>	<p>4 FALLS PREVENTION CLASS 10:30AM IN THE ACTIVITY ROOM</p>	<p>5 10:15 Main and 2nd floor exs on Main Floor 1:50pm Bowling 3:00 Snack Time</p>	<p>6 Activities will run as able. Please see the nurses station calendar for updates.</p>
	<p>7 10:15am Second Floor Exercises 1:50 Bocce Ball Teams 2 & 3 3pm Snack Time</p>	<p>8 FALLS PREVENTION CLASS 10:30AM IN THE ACTIVITY ROOM</p>	<p>9 10:15 Main floor Exercises 1:50pm Manicures 3pm Snack Time</p>	<p>10 10:30am Remembrance Day Service in the Activity Room</p>	<p>11 10:15 Main and 2nd floor exs on Main Floor 2:00 Anglican Church 3:00 Snack Time</p>	 Lest we forget...
<p>14 Please by Kind to others!</p>	<p>15 10:15am Second Floor Exercises 1:50 Bocce Ball Teams 1 & 4 3pm Snack Time</p>	<p>16 FALLS PREVENTION CLASS 10:30AM IN THE ACTIVITY ROOM</p>	<p>17 10:15 Main floor Exercises 1:50pm Words Play 3pm Snack Time</p>	<p>18 FALLS PREVENTION CLASS 10:30am IN THE ACTIVITY ROOM</p>	<p>19 10:15 Main and 2nd floor exs on Main Floor 1:50pm Bowling 3:00 Snack Time</p>	
	<p>21 10:15am Second Floor Exercises 1:50 Residents Council Meeting (Activity Rm) 3pm Snack Time</p>	<p>22 FALLS PREVENTION CLASS 10:30AM IN THE ACTIVITY ROOM</p>	<p>23 10:15 Main floor Exercises 1:50pm Baking Class 3pm Snack Time</p>	<p>24 FALLS PREVENTION CLASS 10:30am IN THE ACTIVITY ROOM</p>	<p>25 10:15 Main and 2nd floor exs on Main Floor 1:50pm Bingo 3:00 Snack Time</p>	<p>26 10:15 Main and 2nd floor exs on Main Floor 1:50pm Bingo 3:00 Snack Time</p>
	<p>28 10:15am Second Floor Exercises 1:50 Hot Wax Baths for hands (Activity Room) 3pm Snack Time</p>	<p>29 FALLS PREVENTION CLASS 10:30AM IN THE ACTIVITY ROOM</p>	<p>30 FALLS PREVENTION CLASS 10:30AM IN THE ACTIVITY ROOM</p>	<p>31 FALLS PREVENTION CLASS 10:30AM IN THE ACTIVITY ROOM</p>	<p>32 FALLS PREVENTION CLASS 10:30AM IN THE ACTIVITY ROOM</p>	<p>33 FALLS PREVENTION CLASS 10:30AM IN THE ACTIVITY ROOM</p>