

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	9:00am- Rosary (Salt + Light) 1 Dia De Los Muertos day 10:15am- Music Appreciation (xh) 2:00pm- Line Dancing/Dance class(fl)	9:00am- Rosary (Salt + Light) 2 10:15am- Covid Friendly Bingo (xh) 1:30pm- Popcorn Treat (Grab and go)(dr) 1:30pm- Movie Matinee (dr)	9:00am- Rosary (Salt + Light) 3 National Stress Awareness day 10:15am- Making Stress balls (xh) 1:00pm-1:45pm- Paper Plate Weaving (dr) 2:00pm- Creative Colouring (xh)	9:00am- Rosary (Salt + Light) 4 10:00am- Coffee with Management(dr)	9:00am- Rosary (Salt + Light) 5 National Jersey Friday! 10:15am- Balloon Volleyball (xh) 1:00pm-2:00pm Prayer Service-Kiva 2:30pm- TGIF (dr)	Jigsaw Puzzles(Available in the Excercise/Craft Room) 6 Mandala Colouring (Available in the Excercise/ Craft Room)	
8:00am, 11:00am, 3:00pm Sunday Mass (Salt+ Light) 7 10:00am- Mass Kiva	9:00am- Rosary (Salt + Light) 8 10:15am- Music Appreciation (xh) 2:00pm- Line Dancing/Dance class (fl)	9:00am- Rosary (Salt + Light) 9 10:15am- Painting (fall scenes) (xh) 1:00pm-1:45pm- Chair Dancing (xh) 1:30pm-2:45pm- Popcorn Treat (Grab and go) (dr)	9:00am- Rosary (Salt + Light) 10 10:15am- Paper Plate Weaving (xh) 1:00pm-1:45pm- Painting (fall scenes) (dr)	9:00am- Rosary (Salt + Light) 11 10:00am- Coffee with Management (xh) Remembrance Day 1:00pm-1:50pm- Quilling Craft (dr) 2:00pm- Writing letters to Veterans (dr)	9:00am- Rosary (Salt + Light) 12 National Chicken Soup for the Soul Day! 10:00am- MADA event! (dr) 1:00pm-2:00pm Prayer Service-Kiva 2:30pm- TGIF (dr)	Jigsaw Puzzles(Available in the Excercise/Craft Room) 13 Mandala Colouring (Available in the Excercise/ Craft Room)	
8:00am, 11:00am, 3:00pm Sunday Mass (Salt+ Light) 14 10:00am- Mass Kiva	9:00am- Rosary (Salt + Light) 15 10:15am- Movie/Documentary (xh) 1:00pm- Food Committee Meeting (dr) 2:00pm- Line Dancing/Dance class (fl)	9:00am- Rosary (Salt + Light) 16 10:15am- Chair Dancing (xh) 1:30pm- Popcorn Treat (Grab and go) (dr) 1:30pm- Movie Matinee (dr)	9:00am- Rosary (Salt + Light) 17 9:00am- Rosary (Salt + Light) 10:15am- Jeopardy 1:00pm- Painting (fall scenes)	9:00am- Rosary (Salt + Light) 18 10:00am- Coffee with Management (dr) 2:00pm- Drumfit (xh)	9:00am- Rosary (Salt + Light) 19 National Pop Day! 10:15am- Music Appreciation (xh) 1:00pm-2:00pm Prayer Service-Kiva 2:30pm- TGIF (dr)	Jigsaw Puzzles(Available in the Excercise/Craft Room) 20 Mandala Colouring (Available in the Excercise/ Craft Room)	
8:00am, 11:00am, 3:00pm Sunday Mass (Salt+ Light) 21 10:00am- Mass Kiva	9:00am- Rosary (Salt + Light) 22 10:15am- Music Appreciation (xh) 2:00pm- Line Dancing/Dance class (fl)	9:00am- Rosary (Salt + Light) 23 10:15am- Coffee Break (xh)	9:00am- Rosary (Salt + Light) 24 10:15am- Covid Friendly Bingo (xh) 1:00pm-1:50pm- Covid Friendly Bingo (dr)	9:00am- Rosary (Salt + Light) 25 10:00am- Coffee with Management (dr) 2:00pm-2:50pm- Popcorn Treat (Grab and go)(dr)	9:00am- Rosary (Salt + Light) 26 National Cake day! 10:15am- Pictionary game (xh) 1:00pm-2:00pm Prayer Service-Kiva 2:30pm- TGIF (dr)	Jigsaw Puzzles(Available in the Excercise/Craft Room) 27 Mandala Colouring (Available in the Excercise/ Craft Room)	
8:00am, 11:00am, 3:00pm Sunday Mass (Salt+ Light) 28 National French Toast day! 10:00am- Mass Kiva	9:00am- Rosary (Salt + Light) 29 10:15am- Music Appreciation (xh) 2:00pm- Line Dancing/Dance class (fl)	9:00am- Rosary (Salt + Light) 30 10:15am- Balloon Volleyball (xh)	<h1>November 2021</h1>				
Salt + Light Daily Mass Times (Channel 185): 6:30am,8:30am,11:00am and 3:00pm. **Note that all programs are subject to change due to the current provincial lockdown orders.							