







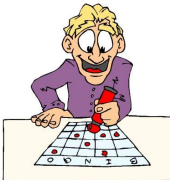
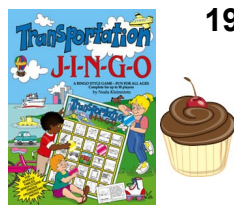









# The Good Companions - Adult Day Program

## November — 2017 — Novembre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30 Meet & Greet <b>1</b> 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Sing-A-Long with Gary	9:30 Meet & Greet <b>2</b> 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Baking Club: Christmas Cookies	 <b>3</b>	<b>4</b>
 <b>5</b>	9:30 Meet & Greet <b>6</b> 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Cumberland Sunshine Singers	 <b>7</b>	9:30 Meet & Greet <b>8</b> 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Bean Bags & Birthdays	9:30 Meet & Greet <b>9</b> 10:15 am Remembrance Day Service  11:30 am Lunch 12:30 pm Brain Games 1:00 pm Sing-A-Long	 <b>10</b>	 <b>11</b> <i>Remembrance Day</i>
<b>12</b>	<b>CENTRE IS CLOSED FOR REMEMBRANCE DAY</b> <b>13</b>	 <b>14</b>	9:30 Meet & Greet <b>15</b> 10:20 am Exercise 11:00 am Chapel 12:00 pm Anniversary Lunch 1:00 pm Music by Ginette Hamilton	9:30 Meet & Greet <b>16</b> 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm BINGO	 <b>17</b>	<b>18</b>
 <b>19</b>	9:30 Meet & Greet <b>20</b> 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Transportation JINGO & Birthdays	 <b>21</b>	9:30 Meet & Greet <b>22</b> 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Music by Around The World	9:30 Meet & Greet <b>23</b> 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Petanque-A-Tout Game	 <b>24</b>	<b>25</b>
 <b>26</b>	9:30 Meet & Greet <b>27</b> 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Baking Club: Snickerdoodle Cookies	 <b>28</b>	9:30 Meet & Greet <b>29</b> 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Music by Sharps and Flats	9:30 Meet & Greet <b>30</b> 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Entre-Nous Choir	 <b>The Good Companions</b> <i>Supporting a Vibrant Community</i>	

Schedule Subject to Change