


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BINGO</p> <p>EVERY FRIDAY &amp; SUNDAY 1:00 P.M.</p>		<p>Free Coffee</p> <p>9:00am-5:00pm</p> <p>Every Wednesday</p>		<p><u>1</u></p> <p>1:00 pm Bingo 5:00 pm Meal Program</p>
<p><u>4</u></p> <p>9:00 am Qi Gong 10:00 am Exercises</p>	<p><u>5</u></p> <p>10:00 am Exercises 11:00 am Chorus 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program</p>	<p><u>6</u></p> <p>10:00 am Exercises 5:00 pm Meal Program 6:00 pm Dance Lessons 1:00 pm Arthritis Support <i>Chase the Chill</i> 6:30-8:30 p.m.</p>	<p><u>7</u></p> <p>9:00 am Qi Gong 10:00 am Exercises 1:30 pm Grief Support 1:30 pm Sip &amp; Stitch</p>	<p><u>8</u></p> <p>1:00 pm Bingo 5:00 pm Meal Program</p>
<p><u>11</u></p> <p><i>Centre Closed</i></p>  <p>LEST WE FORGET</p>	<p><u>12</u></p> <p>9:00 am Qi Gong 10:00 am Exercises 11:00 am Chorus 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program</p>	<p><u>13</u></p> <p>10:00 am Exercises 5:00 pm Meal Program 6:00 pm <i>Dance Lessons</i> 7:00 pm <i>Family Support</i> <i>...for family &amp; friends of individuals who have mental illness.</i></p>	<p><u>14</u></p> <p>9:00 am Qi Gong 10:00 am Exercises 1:30 pm Sip &amp; Stitch</p> <p>2:00-6:00 p.m. <i>Flu Clinic</i></p>	<p><u>15</u></p> <p>1:00 pm Bingo 5:00 pm Meal Program</p>
<p><u>18</u></p> <p>9:00 am Qi Gong 10:00 am Exercises 7:00 pm Mood Disorder Support</p> <p>Lunch &amp; Learn <i>Wanda Sime</i> Alzheimer's Society of Manitoba</p>	<p><u>19</u></p> <p>10:00 am Exercises 11:00 am Chorus 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program</p>	<p><u>20</u></p> <p>10:00 am Exercises 5:00 pm Meal Program</p> <p><i>Dinner &amp; Movie</i> <i>"Indian Horse"</i> <i>Dinner 5:00 Movie 6:00</i></p>	<p><u>21</u></p> <p>9:00 am Qi Gong 10:00 am Exercises 1:30 pm Sip &amp; Stitch</p>	<p><u>22</u></p> <p>1:00 pm Bingo 5:00 pm Meal Program</p>
<p><u>25</u></p> <p>9:00 am Qi Gong 10:00 am Exercises</p>	<p><u>26</u></p> <p>10:00 am Exercises 11:00 am Chorus 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program</p>	<p><u>27</u></p> <p>10:00 am Exercises 5:00 pm Meal Program 6:00 pm Dance Lessons <i>Chase the Chill</i> 6:30-8:30 p.m.</p>	<p><u>28</u></p> <p>9:00 am Qi Gong 10:00 am Exercises 1:30 pm Sip &amp; Stitch</p>	<p><u>29</u></p> <p>1:00 pm Bingo 5:00 pm Meal Program</p> <p style="background-color: #d9ead3; padding: 5px;"><i>Saturday, November 30th</i> <i>Festive Fair</i> <i>10:00am-3:00p.m.</i></p>