

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All events take place at 165 Main Street in the Drew's Coates Lounge, unless otherwise noted.				1 Spotlight on Seniors: A trade-show style event with refreshments Church by the Lake 11 a.m. to 3 p.m. Catch a bus from Rose's Independent Grocer at 10:45 a.m.	2 Gentle Chair Fitness Session 10:30 to 11:30 a.m.	3
4	5 Gentle Chair Fitness Session 10:30 to 11:30 a.m.	6 Caregivers' Support Group 1:30 to 3:00 p.m. Sackville United Church 110 Main Street	7 Scheduled home visit and enrolment	8 Tea & Talk 9:30 to 10:45 a.m. Hans Kai Seniors' Wellness Program (pre-registration required) 2:00 to 4:00 p.m. Bill Johnstone Memorial (BJM) Park	9 Gentle Chair Fitness Session 10:30 to 11:30 a.m.	10
11	12  Thanksgiving Office closed.	13 Scheduled administration	14 Scheduled administration	15 Tea & Talk 9:30 to 10:45 a.m. Wellness Program 2:00 to 4:00 BJM Park	16 Gentle Chair Fitness Session 10:30 to 11:30 a.m. Scheduled home visit and enrolment	17
18	19 Gentle Chair Fitness Session 10:30 to 11:30 a.m. Scheduled home visit and system navigation	20  Pizza & Putt Party Free pizza lunch and mini golf! 12:00 to 2:30 p.m. RSVP: 506-688-4688	21 Scheduled home visit and enrolment	22 Tea & Talk 9:30 to 10:45 a.m. Wellness Program 2:00 to 4:00 BJM Park	23 Lunch & Learn: Vision Loss Rehabilitation With Emma Despres 12:00 to 1:30 p.m. RSVP: 506-688-4688	24
25	26 Gentle Chair Fitness Session 10:30 to 11:30 a.m.	27 Scheduled Workshop Yara and Rachelle not in office in the afternoon.	28 Age-Friendly Community Focus Group Share your ideas with us! 10:00 a.m. to noon	29 Tea & Talk 9:30 to 10:45 a.m. Wellness Program 2:00 to 4:00 BJM Park	30 Scheduled home visit and enrolment	31 