











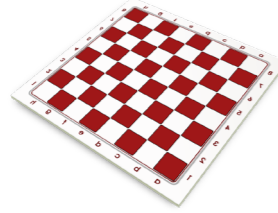








NOVEMBER 2021



Regency Retirement Community

ACTIVITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1 10:00am Blood pressure & Weight Clinic -Wellness Centre 1:30pm Bingo DR 	2 10:15am- Baking Buddies 1:30pm Chair Exercise -Stretch & Strengthen DR 	3 9:00am Tuck Shop 1:30pm Art Group 	4 10:15am Coffee & Chat DR 1:30pm Chair Exercise -Balls & Balloons	5 8:00am Breakfast Club 10:15am Baking Cookies DR 1:30pm Bingo	6 10:00am Individual Manicures DR 2:30pm Movie & Popcorn 1st floor	
7 10:00am Church Service DR 1:30pm Bingo DR 3:00pm Refreshment Break	8 World Tongue Twister Day 10:00am Blood pressure & Weight Clinic -Wellness Centre 1:30 Board Games	9 10:15am Craft Group DR 1:30 pm Chair Drumfit	10 10:30 am Remembrance Day Program 	11 Remembrance Day 11:00 Moment of Silence 2:30pm Coffee & Chat DR  	12 8:00am Breakfast Club 10:30am Tuck Shop DR 2:30pm Ice Cream social DR	13 World Kindness Day 10:00am Coffee/Juice Break 2:30pm Movie & Popcorn	
14 10:00am Church Service -TV DR 2:30pm hymn Sing 3:00pm Refreshment Break	15 10:00am Blood pressure & Weight Clinic -Wellness Centre 1:30pm Prize Bingo DR 	16 10:15am- Baking Buddies 1:30pm Chair Exercise -Stretch & Strengthen DR	17 Homemade Bread Day 9:00am Tuck Shop DR 10:15am Coffee & Homemade bread 1:30pm Art Group 	18 10:15am Coffee & Chat DR 1:30pm Chair Exercise -Balls & Balloons	19 International Men's Day 8:00am Breakfast club 10:30am Tuck shop 2:30pm Birthday Social DR 	20 10:00am Individual Manicures DR 2:30pm Movie & Popcorn 1st floor	
21 10:00am Church Service-TV DR 1:30pm Bingo DR 3:00pm refreshment Break	22 10:00am Blood pressure & Weight Clinic -Wellness Centre 1:30pm Board Games DR	23 10:00 Crockpot Cooking DR 1:30pm Chair Yoga DR 	24 10:15am Baking Group DR 2:30pm Sing A Long DR 	25 National Parfait Day 10:15am Parfaits in the dining room 1:30pm Chair Exercise -Stretch & Strengthen	26 8:00am Breakfast Club 10:30am Tuck Shop DR 1:30pm Board Games DR	27 10:00 am Coffee/Juice Break DR 2:30pm Movie & Popcorn 1st Floor	
28 10:00am Church Service -TV DR 2:30pm Hymn Sing 3:00pm Refreshment Break	29 10:00am Blood pressure & Weight Clinic -Wellness Centre 1:30pm Bingo DR	30 10:15am -Craft Group DR 1:30pm Chair Drumfit DR	27 9:00 am Tuck Shop 1:30pm Art Group 	28 10:15am Baking Buddies DR 1:30pm Chair Exercise - Balls & Balloons	29 8:00am Breakfast Club 10:30am Tuck Shop DR 2:30pm Residents Advisory meeting DR	30 10:00 am Individual Manicures DR 2:30pm Movie	
31 Halloween 10:00am Church Service-TV DR 1:30pm Bingo DR							



Regency Retirement Community

66 Dorset Street E,
 Port Hope, ON
 L1A 1E3 Canada
 t. 905.885.4558
 f. 1.855.226.9012