

November 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				CHRISTCHURCH, WARWICK 11AM - 1PM Music with Tony Joaky Ball w/ Dennis WINDREACH * 2PM - 4PM Horticulture, Arts & Crafts	ST. PAUL'S CATHEDRAL PAGET 1PM - 3PM Holistic Chair Yoga with Kerri, Arts & Crafts/Games	
4	5	6	7	8	9	10
	PEACE LUTHERAN HALL 11AM - 1PM Music with Tony Arts & Crafts with Jane	WINDREACH * 2PM - 4PM Boccia Ball	Spa Morning 11AM - 1PM WINDREACH * 11:15AM - 12 Noon Older Adult Seated Exercise Class 1PM - 3PM Music & Drumming	PEACE LUTHERAN HALL 11AM - 1PM Music with Tony Joaky Ball w/ Dennis WINDREACH * 2PM - 4PM Horticulture, Arts & Crafts	ST. PAUL'S CATHEDRAL PAGET 1PM - 3PM Holistic Chair Yoga with Kerri, Arts & Crafts/Games	
11	12	13	14	15	16	17
	Remembrance Day Public Holiday <i>No Activities Today</i>	WINDREACH * 2PM - 4PM Boccia Ball	WINDREACH * 11:15AM - 12 Noon Older Adult Seated Exercise Class 1PM - 3PM Music & Drumming	PEACE LUTHERAN HALL 11AM - 1PM Music with Tony Joaky Ball w/ Dennis WINDREACH * 2PM - 4PM Horticulture, Arts & Crafts	ST. PAUL'S CATHEDRAL PAGET 1PM - 3PM Holistic Chair Yoga with Kerri, Arts & Crafts/Games <u>Dementia Awareness Week</u> 6PM - 8PM Family Q&A at Markel House, Hamilton. RSVP: alzbermuda@yahoo.com	
18	19	20	21	22	23	24
	PEACE LUTHERAN HALL 11AM - 1PM Music with Tony Arts & Crafts with Jane	<u>Dementia Awareness Week</u> 9AM - 12 NOON Caregiver/Care Home Personnel Training Session Registration fee: \$30 RSVP: alzbermuda@yahoo.com WINDREACH * 2PM - 4PM Boccia Ball	Spa Morning 11AM - 1PM WINDREACH * 11:15AM - 12 Noon Older Adult Seated Exercise Class 1PM - 3PM Music & Drumming	PEACE LUTHERAN HALL 11AM - 1PM Music with Tony Joaky Ball w/ Dennis WINDREACH * 2PM - 4PM Horticulture, Arts & Crafts	ST. PAUL'S CATHEDRAL PAGET 1PM - 3PM Holistic Chair Yoga with Kerri, Arts & Crafts/Games	
25	26	27	28	29	30	1
FAMILY SUPPORT MEETING 4:30pm Charity Office, 16 Burnaby Street, Hamilton	PEACE LUTHERAN HALL 11AM - 1PM Music with Tony Halloween Arts & Crafts with Jane	WINDREACH * 2PM - 4PM Boccia Ball	WINDREACH * 11:15AM - 12 Noon Older Adult Seated Exercise Class 1PM - 3PM Music & Drumming	PEACE LUTHERAN HALL 11AM - 1PM Music with Tony Joaky Ball w/ Dennis WINDREACH * 2PM - 4PM Horticulture, Arts & Crafts	ST. PAUL'S CATHEDRAL PAGET 1PM - 3PM Holistic Chair Yoga with Kerri, Arts & Crafts/Games	