



# Gladstone Seniors Residence



# NOVEMBER 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 9:30 Upper Body  2:00 MEMORIES OF THOSE WHO HAVE SERVED	<b>2</b> 9:30 Lower Body  2:00 BINGO   <b>Eleanor B.</b>	<b>3</b> 9:30 Upper Body  10:00 ROSARY  2:00 HEAD BANDS	<b>4</b> 9:30 Lower Body  2:30 FATHER LOUIE   <b>Ann A.</b>	<b>5</b> 9:30 Upper Body  2:00 CARDS/ GAMES  	<b>6</b>  Clean wheelchairs and walkers (C1)
<b>7</b> <b>SUNDAY BRUNCH</b>  10:15 COMMUNION  Clean wheelchairs and walkers (C1)	<b>8</b> 9:30 Lower Body  2:00 YAHTZEE  	<b>9</b> 9:30 Upper Body  2:00 CARD BINGO  	<b>10</b> 9:30 Lower Body 10:00 ROSARY 2:00 REMBRANCE DAY CEREMONY   <b>Joe S.</b>	<b>11 REMEMBRANCE DAY</b> 9:30 Upper Body  11:00 ST. MARY'S  2:00 BEAN BAG TOSS	<b>12</b> 	<b>13</b>  Clean wheelchairs and walkers (C1)
<b>14</b> <b>SUNDAY BRUNCH</b>  10:15 COMMUNION  Clean wheelchairs and walkers (C1)	<b>15</b> 9:30 Lower Body  2:00 BINGO  	<b>16</b> 9:30 Upper Body  2:00 WHEEL OF FORTUNE  	<b>17</b> 9:30 Lower Body  10:00 ROSARY  2:00 SHOW AND TELL	<b>18</b> 9:30 Upper Body  2:00 CARD BINGO  	<b>19</b> 9:30 Lower Body  2:00 ICE CREAM SUNDAES  	<b>20</b>  Clean wheelchairs and walkers (C1)
<b>21</b> <b>SUNDAY BRUNCH</b>  10:15 COMMUNION  Clean wheelchairs and walkers (C1)	<b>22</b> 9:30 Upper Body  2:00 CHARADES  	<b>23</b> 9:30 Lower Body  2:00 BINGO   <b>Walter W.</b>	<b>24</b> 9:30 Upper Body  10:00 ROSARY  2:00 TARGET PRACTICE	<b>25</b> 9:30 Lower Body  2:00 CHRISTMAS DECORATING   <b>Sid D.</b>	<b>26</b> 9:30 Upper Body  2:00 CHRISTMAS DECORATING  <b>MONTHLY WEIGHTS</b>	<b>27</b>  Clean wheelchairs and walkers (C1)
<b>28</b> <b>SUNDAY BRUNCH</b>  10:15 COMMUNION  Clean wheelchairs and walkers (C1)	<b>29</b> 9:30 Lower Body  2:00 CRAFT  	<b>30</b> 9:30 Upper Body  2:00 BIRTHDAY PARTY  			Activities may change on daily basis due to weather, cancellations or last minute changes or additions.	