








NOVEMBER 2020

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>9:00 Good Morning & Welcome Back! Today we welcome back more friends onsite!</p> <p>9:30 Stretches/Calendar</p> <p>10:00 Art (VIRTUAL) </p> <p>11:00 Outdoor OR Indoor Walk (We are going to start tracking our KMs! For a challenge-can we walk 50KM this month?) </p> <p>12:00 LUNCH</p> <p>1:15 Music with Jeff (VIRTUAL: ZOOM) </p> <p>2:00 Free Time</p>	<p>3</p> <p>9:00 Good Morning</p> <p>9:30 Stretches/Calendar</p> <p>10:00 Current Affairs (VIRTUAL)</p> <p></p> <p>11:00 Games</p> <p>12:00 LUNCH</p> <p>1:15 Canadore Rec Student Program (VIRTUAL) </p> <p>2:00 Challenge Yourself: Paper Chain Challenge</p>	<p>4</p> <p>9:00 Good Morning</p> <p>9:30 Stretches & Calendar</p> <p>10:00 Workout Wednesdays TAI CHI (VIRTUAL) </p> <p>11:00 Outdoor Walk OR Indoor Walk </p> <p>12:00 LUNCH</p> <p>1:15 Games: Guessing Games (VIRTUAL)</p> <p>2:00 Craft: Making a Felt Poppy</p>	<p>5</p> <p>9:00 Good Morning</p> <p>9:30 Stretches & Calendar</p> <p>10:00 Mindfulness Meditation with Jessica (VIRTUAL) </p> <p>11:00 Music: Drumming </p> <p>12:00 LUNCH</p> <p>1:15 Men's Health (VIRTUAL) & Women's Wellness</p> <p>2:00 Independent Learning</p>	<p>6</p> <p>9:00 Good Morning</p> <p>9:30 Stretches & Calendar</p> <p>10:00 CANADORE Rec Student Program (VIRTUAL) </p> <p>11:00 Docuseries: Love on The Spectrum </p> <p>12:00 LUNCH</p> <p>1:15 Music with Kristy (VIRTUAL: Facebook) </p> <p>2:00 Writing 101: practice your typing, letter recognition, writing or voice to text! Write a letter to a friend; write in your journal, whatever floats your boat!</p>

VIRTUAL PROGRAM LINKS WILL BE POSTED THE DAY OF for those registered with our Virtual Programming. We will be running the virtual programs LIVE from PADDLE.

*For the month of November and Part of December we will have Canadore Rec Students joining us virtually to run programs!

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Mon	Tue	Wed	Thu	Fri
<p>9</p> <p>9:00 Good Morning</p> <p>9:30 Stretches/Calendar</p> <p>10:00 Art (VIRTUAL)</p>  <p>11:00 Outdoor OR Indoor Walk</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Kristy (VIRTUAL: Facebook Live)</p>  <p>2:00 Prep Time For upcoming virtual talent show</p> 	<p>10</p> <p>9:00 Good Morning</p> <p>9:30 Stretches/Calendar</p> <p>10:00 Current Affairs (VIRTUAL)</p>  <p>11:00 Games</p> <p>12:00 LUNCH</p> <p>1:15 Canadore Rec Student Program (VIRTUAL)</p>  <p>2:00 Challenge Yourself: How tall can you build your tower?</p>	<p>11</p> <p>9:00 Good Morning</p> <p>9:30 Stretches & Calendar</p> <p>10:00 Workout Wednesdays YOGA (VIRTUAL)</p>  <p>11:00 Remembrance Day Ceremony: Live Stream</p>  <p>12:00 LUNCH</p> <p>1:15 Games Price Is Right (VIRTUAL)</p>  <p>2:00 Craft</p> 	<p>12</p> <p>9:00 Good Morning</p> <p>9:30 Stretches & Calendar</p> <p>10:00 Mindfulness Medication with Jessica (VIRTUAL)</p>  <p>11:00 Music: Rhythm and Rhyme</p>  <p>12:00 LUNCH</p> <p>1:15 Men's Health (VIRTUAL) & Women's Wellness</p> <p>2:00 Independent Learning</p>	<p>13</p> <p>9:00 Good Morning</p> <p>9:30 Stretches & Calendar</p> <p>10:00 Canadore Rec Student Program (VIRTUAL)</p>  <p>11:00 Docuseries: Love on The Spectrum</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Jeff (VIRTUAL: ZOOM)</p>  <p>2:00 Writing 101: practice your typing, letter recognition, writing or voice to text! Write a letter to a friend; write in your journal, whatever floats your boat!</p>

Art: For ON SITE Art Programs, each individual will have access to their own art supply bin that will be kept in their locker. For VIRTUAL Art Programs, the list of supplies will be posted online 1 week prior to program.

NOVEMBER 2020



Mon	Tue	Wed	Thu	Fri
<p>16</p> <p>9:00 Good Morning</p> <p>9:30 Stretches & Calendar</p> <p>10:00 Art (VIRTUAL)</p>  <p>11:00 Outdoor OR Indoor Walk</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Jeff (VIRTUAL: ZOOM)</p>  <p>2:00 Prep Time for upcoming Talent Show</p> 	<p>17</p> <p>9:00 Good Morning</p> <p>9:30 Stretches & Calendar</p> <p>10:00 Current Affairs (VIRTUAL)</p>  <p>11:00 Games</p> <p>12:00 LUNCH</p> <p>1:15 Canadore Rec Student Program (VIRTUAL)</p>  <p>2:00 Challenge Yourself: First Letter/Last Letter (group game)</p>	<p>18</p> <p>9:00 Good Morning</p> <p>9:30 Stretches & Calendar</p> <p>10:00 Workout Wednesdays TAI CHI (VIRTUAL)</p>  <p>11:00 Outdoor Walk OR Indoor Walk</p>  <p>12:00 LUNCH</p> <p>1:15 Games: Jeopardy with Special Guest Host: Ryan Littlejohn! (VIRTUAL)</p>  <p>2:00 Craft</p> 	<p>19</p> <p>9:00 Good Morning</p> <p>9:30 Stretches & Calendar</p> <p>10:00 What's new? Exploring our ever changing world together (Special guest Host Ryan Littlejohn joining at 10:30 to teach us more about ZOOM!) (VIRTUAL)</p> <p>11:00 Music: Online Concert</p>  <p>12:00 LUNCH</p> <p>1:15 Men's Health (VIRTUAL) & Women's Wellness</p> <p>2:00 Independent Learning</p>	<p>20</p> <p>9:00 Good Morning</p> <p>9:30 Stretches & Calendar</p> <p>10:00 Canadore Rec Student Program (VIRTUAL)</p>  <p>11:00 Docuseries: Let's choose a new one!</p>  <p>12:00 LUNCH</p> <p>1:15 Talent Show (VIRTUAL)</p> 

*FOR LUNCH we will be separating into two rooms with assigned seating. If there is an issue with seating arrangements, please let us know!

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<p>23</p> <p>9:00 Good Morning</p> <p>9:30 Stretches & Calendar</p> <p>10:00 Art (VIRTUAL)</p>  <p>11:00 Outdoor OR Indoor Walk</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Kristy (VIRTUAL: Facebook Live)</p>  <p>2:00 Free Time</p>	<p>24</p> <p>9:00 Good Morning</p> <p>9:30 Stretches & Calendar</p> <p>10:00 Current Affairs (VIRTUAL)</p>  <p>11:00 Games</p> <p>12:00 LUNCH</p> <p>1:15 Canadore Rec Student Program (VIRTUAL)</p>  <p>2:00 Challenge Yourself: Write 10 things you love about yourself!</p>	<p>25</p> <p>9:00 Good Morning</p> <p>9:30 Stretches & Calendar</p> <p>10:00 Workout Wednesdays YOGA (VIRTUAL)</p>  <p>11:00 Outdoor Walk OR Indoor Walk</p>  <p>12:00 LUNCH</p> <p>1:15 Games: Wheel of Fortune (VIRTUAL)</p>  <p>2:00 Craft</p> 	<p>26</p> <p>9:00 Good Morning</p> <p>9:30 Stretches & Calendar</p> <p>10:00 What's new? Exploring our ever changing world together (VIRTUAL)</p> <p>11:00 Music: Special Guest!! (VIRTUAL)</p>  <p>12:00 LUNCH</p> <p>1:15 Movie Afternoon</p> 	<p>27</p> <p>9:00 Good Morning</p> <p>9:30 Stretches & Calendar</p> <p>10:00 Canadore Rec Student Program (VIRTUAL)</p>  <p>11:00 Docuseries</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Jeff (VIRTUAL: ZOOM)</p>  <p>2:00 Writing 101: practice your typing, letter recognition, writing or voice to text! Write a letter to a friend; write in your journal, whatever floats your boat!</p>

NOVEMBER 2020

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">30</p> <p>9:00 Good Morning</p> <p>9:30 Stretches/Calendar</p> <p>10:00 Art (VIRTUAL)</p>  <p>11:00 Outdoor OR Indoor Walk</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Jeff (VIRTUAL: ZOOM)</p>  <p>2:00 Free Time</p>				

Crafts: For ON SITE Craft Programs, each individual will have access to their own craft supplies which will be purchased and stored in their individual bins that are to be kept in their lockers. For VIRTUAL craft programs, the list of supplies will be posted 1 week prior to the program.