

November 2024



Proud Fundraising Partner with Delta Bingo Penetanguishene

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		BEAUTIFUL DAY BEGINS WITHA BEAUTIFUL MINDSET	FIT'S OKAY FIT'S TAKING MORE TIME THAN YOU THOUGHT	learn* Growt RePeat*	WANDERLUST ART LESSON	2 11 – 2 p.m.
3	4	5 Friendships & Wellbeing 12:45 – 3 p.m.	6 TACO BAKE The dark side of me reverse colouring.	7 1-3 p.m. Easy Geometric Embroidery	8 ART JOURNAL PROMPTS (Mixed Media)	9 11 – 2 P.M. Pancakes/Sausages
10 SOUP for the SOUL SERVICE 10:30 a.m. – 12:30 p.m.		12 Friendships & Wellbeing 12:45 – 3 p.m.	13 Pork Chops, Scalloped Potatoes, Vegs GUEST COLLAGE ARTIST, Susan Field FOREST SCENE COLLAGE 11 – 2 p.m.	14 Bayshore Lanes 1 - 3 p.m.	15 ART JOURNAL COLLAGE (Mixed Media) Collage is a staple for so many art journalers because it allows us to indulge in our magpie- ness. We get to put those papers collected over time and put them in the journal.	16 11-2 P.M. Filled Cheese/Soup BINGO
17	18	19 Friendships & Wellbeing 12:45 – 3 p.m.	20 Meatloaf, Mashed, Vegs Weatloaf, Mashed, Vegs Autumn landscapes Mixed Media 11 – 2 p.m.	21 1-3 p.m. Shadow Work Embroidery	22 WATER COLOUR Sketching	23 11 – 2:30 P.M. OMELETTES, Mushroom/ Cheese SALVATION ARMY AWENDA PARK DRIVE, SHORT WALK
24 SOUP for the SOUL SERVICE 10:30 a.m. – 12:30 p.m.	25 NVCI Darlene Randy Janice	26 Friendships & Wellbeing 12:45 – 3 p.m.	27 Lazy Cabbage Casserole 11 – 2 p.m.	28 1-3 p.m.	29 1-330 pm WYE MARSH OUTING	30 Bacon/Potato/Egg Casserole 11- 2 p.m.