


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>⁷ 11:00 Member's Meeting</p> <p>1:00 Happy Kitchen Club *Registration required</p>	<p>⁸ 10:00 Two Houses Theatre</p> <p>1:00 Bingo *please register by 12:45</p>	<p>⁹ Student Volunteers</p> <p>10:00 Tech Buddies</p> <p>1:00 Laughter Exercise</p>	<p>¹⁰ 10:30 Chair Dancing</p> <p>1:00 Crib Club & Games Afternoon</p>	<p>¹¹ 10:30 Honouring Remembrance Day</p> <p>1:00 Friday Funday Karaoke & Happy Hour!</p>
<p>¹⁴ 10:00 Coffee & Conversation</p> <p>1:00 Happy Kitchen Club *Registration required</p>	<p>¹⁵ 10:00 Two Houses Theatre</p> <p>1:00 Bingo *please register by 12:45</p>	<p>¹⁶ Student Volunteers</p> <p>10:00 Tech Buddies</p> <p>1:00 Spotlight Stories "Love Languages"</p>	<p>¹⁷ 10:30 Chair Dancing</p> <p>1:00 Crib Club & Games Afternoon</p>	<p>¹⁸ 10:00 Coffee & Conversation</p> <p>1:00 Friday Funday Trivia Afternoon!</p>
<p>²¹ 10:00 Coffee & Conversation</p> <p>1:00 Happy Kitchen Club *Registration required</p>	<p>²² 10:00 Two Houses Theatre</p> <p>1:00 Bingo *please register by 12:45</p>	<p>²³ 10:00 Focus Group - New Dining Furniture for Spencer House</p> <p>1:00 Laughter Exercise</p>	<p>²⁴ 10:30 Chair Dancing</p> <p>12:30 Birthday Bash!</p> <p>1:00 Crib Club & Games Afternoon</p> 	<p>²⁵ 10:00 Coffee & Conversation</p> <p>1:30 Theatre Production: "Getting Active" *By Advance Ticket Only*</p>
<p>²⁸ FROSTY'S ROOM OPENS</p> <p>10:30 Tree Trimming!</p> <p>1:00 Jeopardy!</p>	<p>²⁹ 10:00 Coffee & Conversation</p> <p>1:00 Bingo *please register by 12:45</p>	<p>³⁰ Student Volunteers</p> <p>10:00 Tech Buddies</p> <p>10:30 Book Club</p> <p>1:00 Atlantic Jewish Film Festival Movie!</p>	<p>^{1 Dec} 10:30 Chair Dancing</p> <p>1:00 Crib Club & Games Afternoon</p>	<p>^{2 Dec} 10:00 Coffee & Conversation</p> <p>1:00 Friday Funday Karaoke & Happy Hour!</p>

Continental Breakfast available Monday, Wednesday, & Friday
9-10AM Cost: \$2

Lunch everyday at 12pm
Members \$7 Non-members \$10 **Includes tea/coffee & dessert!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 Breakfast 9-10AM Roasted Chicken Mashed Potatoes & Gravy Veggies	8 Spaghetti & Meatsauce Garlic Bread	9 Breakfast 9-10AM Turkey Stew Homemade Bisuits	10 Pork Chops Mashed Potatoes & Gravy Veggies	11 Breakfast 9-10AM Cheesy Mac-N-Cheese Garden Salad Homemade Rolls
14 Breakfast 9-10AM <u>Boiled Dinner</u> Ham, Potatoes, Carrots, & Cabbage	15 Chicken Burgers & French Fries	16 Breakfast 9-10AM Shepherd's Pie Garden Salad Dinner Rolls	17 Chicken & Veggie Stir-fry Rice Pilaf Garlic Bread	18 Breakfast 9-10AM Salisbury Steak with Mushroom Gravy Mashed Potatoes Veggies
21 Breakfast 9-10AM Homestyle Chili Garden Salad Cornbread	22 Meatloaf Mashed Potatoes & Gravy Veggies	23 Breakfast 9-10AM Fish Cakes Garden Salad Dinner Rolls	24 Baked Ham Scalloped Potatoes Veggies	25 Breakfast 9-10AM Beef Stroganoff Hot Buttered Noodles Garlic Bread
28 Breakfast 9-10AM Shake & Bake Chicken Mashed Potatoes & Gravy Veggies	29 Beef Stew Homemade Bisuits	30 Breakfast 9-10AM Baked Lasagna Garden Salad & Garlic Bread	1 Breaded Fish Roasted Potatoes Veggies	2 Breakfast 9-10AM Honey Garlic Pork Bastmati Rice

Continental Breakfast served Monday, Wednesday, & Friday 9-10AM only
 Selection of fruit, berries, yogurt, smoothies, muffins, pastry.

Lunch everyday at 12pm
Members \$7 Non-members \$10 * *Includes tea/coffee & dessert!