

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 What's New Trivia Animal Therapy Music & Movement <small>Daylight Saving Time Ends</small>	2 What's New Trivia Sandwich Day Ole Music	3 What's New Trivia Learning About Our Backyard Birds Fun & Fitness	4 What's New Trivia Here Comes Roy Rogers Exercises	5 What's New Trivia The Power of Music! Moving to the Beat	6 What's New Trivia Getting Ready for Remembrance Day Stretch to the Beat	7
 8 What's New Trivia Let's Get Moving Monday Fitness Time	9 What's New Trivia Card Games Music & Movement	10 What's New Trivia Remembrance Day Stretches & Movement <small>Veterans Day Remembrance Day (Canada)</small>	11 What's New Trivia Chicken Soup for the Soul Moving to the Beat	12 What's New Trivia World Kindness Day Let's Get Moving!	13	14
15 What's New Trivia Button Day Stretches & Breathing	16 What's New Trivia Take a Hike Day Fun & Fitness	17 What's New Trivia Woolly Wednesday Afternoon Action	18 What's New Trivia Travelling Thursday Music & Movement	19 What's New Trivia What's on Your Christmas Wish List? Christmas Exercises	20 What's New Trivia Art Day Stretches & Movement	21
 22 What's New Trivia Occupation Day! Let's Get Moving	23 What's New Trivia Penguin Day Ole Music	24 What's New Trivia Puzzling Around Moving to the Beat	25 What's New Trivia Living in the Artic Fun & Fitness <small>Thanksgiving Day (US)</small>	26 What's New Trivia Photo Day Music & Movement	27	28
29 What's New Trivia Warming Up with Hot Chocolate Warm Up Exercises!	30	<h1>November 2020</h1> <h2>John Noble Home Day and Stay Day and Afternoon Programs</h2>				

For more information on our Programs, please contact Lisa Clarkson at (519) 754-4065