



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>“Fallen leaves lying on the grass in the November sun bring more than happiness than the daffodils.” ~ Cyril Connolly</p>				1
				Breakfast Social SteadyFeet® PM Diwali Celebration  Baking Club: Red Velvet Cookies
4	5	6	7	8
Breakfast Social Tai Chi/SteadyFeet® PM Minute to Win It Games Arts & Crafts: Poppy Making	Breakfast Social SteadyFeet® PM Filipino Ukulele Group  Arts & Crafts: Poppy Making	Breakfast Social SteadyFeet® PM Afternoon Karaoke Mahjong	Breakfast Social SteadyFeet® PM Speedy Challenge Arts & Crafts: Bean Bag Making	Breakfast Social SteadyFeet® PM Afternoon Bingo Spa Day
11	12	13	14	15
 <p>Statutory Holiday Remembrance Day ADP Closed</p>	Breakfast Social SteadyFeet® PM Ping Pong Tic-Tac-Toe Baking Club: Chocolate Chip Cookies	Breakfast Social Tai Chi/SteadyFeet® PM Orange Shortbread Cookies Baking  Mahjong	Breakfast Social SteadyFeet® PM Saul's Music Arts & Crafts: Button Flowers	Breakfast Social SteadyFeet® PM Filipino Ukulele Group Baking Club: Brownies
18	19	20	21	22
Breakfast Social SteadyFeet® PM Java Music  Arts & Crafts: Button Flowers	Breakfast Social SteadyFeet® PM Wheel of Questions  Baking Club: Lemon Crinkle Cookies	Breakfast Social SteadyFeet® PM Musical Ball Dominoes	Breakfast Social SteadyFeet® PM Fall Painting with Bagan “Learning from Each Other” Discussion with Flores	Breakfast Social SteadyFeet® PM Sing-along with Melissa Arts & Crafts: Winter Holiday Cards
25	26	27	28	29
Breakfast Social SteadyFeet® PM Handbell Choir with Melissa  Baking Club: Steamed Rice Cakes	Breakfast Social SteadyFeet® PM Afternoon Bingo Arts & Crafts: Winter Ornaments	Breakfast Social SteadyFeet® PM Board Games & Puzzles Arts & Crafts: Winter Star Making	Breakfast Social SteadyFeet® PM Table Bowling  You Be the Judge	Breakfast Social SteadyFeet® PM Participant Showcase Baking Club: Vanilla Cookie



Welcome

Nancy
Maria

November Birthday Celebrants

2nd - Irene
9th - Elsa
16th - Rina

Mark Your Calendar

Daylight Savings Time

Sunday,
November 3rd, 2024
*Reminder to turn your clocks
back one hour*



ADP Closed
Monday,
November 11th, 2024
*Statutory Holiday
for Remembrance Day*



Help Reduce the Spread of Respiratory Infectious Diseases

In Canada, respiratory infection diseases usually increase in the fall & winter & many can circulate at the same time. This includes illnesses such as:

- The flu (influenza)
- COVID-19
- Respiratory syncytial virus (RSV)

Reducing the Spread

- Stay up to date with your vaccinations, including your flu & COVID-19 vaccines
- Stay home when you're sick
- Wash your hands regularly with soap and water or, if unavailable, use a hand sanitizer containing at least 60% alcohol
- Avoid touching your eyes, nose & mouth with unclean hands
- Cover your coughs & sneezes with a tissue or your elbow

For more information:
Canada.ca/respiratory-diseases

October Moments



Let's exercise together in the morning!



Happy birthday Gus!



Minute to Win It Challenge



Happy 90th Birthday Yin Ying!



Afternoon Java Music Program



Cedar Cottage ADP participants have been hard at work baking throughout the month of October!