



# Active Living Choices November 2024

## Donway Place

Katie Kalaitzidis | Active Living Manager

katie.kalaitzidis@cogirseniorliving.ca

# VENVI

## DONWAY PLACE

— Retirement Living —

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Turn over for Scheduled Programs for November 17th to November 30th And Additional Information.</b></p>	<p><b>Note that programs are subject to change. We will notify you of any changes in the daily calendar.</b></p>		<p><u>Calendar Legend</u></p> <p>All Day Technology * Special Program Outing</p>	<p><u>Locations Legend</u></p> <p>Recreation Area (RA) Gathering Place (GP) Craft Room (CR) 4th Floor (4F) Library (L) Outside (OUT) Solarium Area (SA) Garden (GAR) Service Plus Lounge (SPL) Doctor's Office (DO) Bistro (B) Fitness Room (F)</p>	<p><b>9:30 Outing: 19th Avenue Farmers Market (OUT) 1</b></p> <p>10:00 Better Living Exercise (RA) 11:00 St. Bonaventure Catholic Mass (GP) 11:00 A Virtual Experience: Top Ten Treasures in the Louvre* (RA) 2:00 Euchre (4F) 2:15 Zumba Class (RA) 3:15 Social Hour w/ Music by Paul Butler (RA) 6:00 Adult Colouring Group (RA) 7:00 UNO (SA) 7:00 Movie: Missing (RA)</p>	<p>9:30 Oktokats Jazz Band Practice (GP) 2</p> <p>10:00 Sit &amp; Get Fit (RA) 11:00 Category Puzzles* (RA) 2:00 One-Line Bingo (RA) 2:30 Scrabble (CR) 3:30 Wine Social (RA) 6:45 Bridge (CR) 7:00 Movie: A Man Called Otto (RA)</p>
<p>10:00 Morning Exercises (RA) 3</p> <p>11:00 Hymn Sings* (RA) 2:00 Euchre (4F) 2:00 Group Crossword (RA) 3:15 TEP Level 3 Standing Exercises (RA) 4:00 Hand Massages (L) 6:00 Garden Walks (GAR) 7:00 Movie: Miss Congeniality (RA)</p>	<p>10:00 Mobile Hearing Clinic (DO) 4 10:00 Morning Workout with Effie (RA)</p> <p>11:00 November Jeopardy Trivia* (RA) 11:00 Guided Rev It Up Refresher (F) 2:00 Bridge (4F) 2:30 Healthy Minds: Music that went to WWII Presentation by James Kekanovich (RA) 3:15 Reginald's Living thru Poetry* (RA) 4:00 Wordscapes* (RA) 4:00 Tech Help w/Effie (CR) 7:00 TV Series: The Crown (RA) 7:30 Hurricanes Big Band Practice (GP)</p>	<p>Vendor: Creative Touch by Marcella (RA) 5</p> <p>10:00 Tiered Exercise 1 (RA) 10:30 Sunshine Therapy Dog Visits w/ Stormy (RA) 11:00 Water Pong Cup (RA) 1:30 Sunshine Therapy Dog Visits w/ Marley (RA) 2:00 Sax Magic Band Practice (GP) 2:00 Chair Yoga (RA) 3:00 Reading Circle w/ Alan (RA) 4:00 Hand Massages (L) 6:00 Board Games Night (CR) 7:00 Movie: Chasing Liberty (RA) 7:30 The Skyliners Band Practice</p>	<p>10:00 Better Living Exercise (RA) 6 10:45 Enchanted Flutes Band Practice (GP) 11:00 Believe It or Not with Lynn &amp; Daina (RA) 2:00 Rummikub Club (4F) 2:00 Active Living Planning Meeting (RA) 3:30 Bingo (GP) 6:00 Jigsaw Puzzles (SPL) 7:00 Movie: You are so not Invited to my Bat Mitzvah (RA) 7:30 George Lake Band Practice (GP)</p>	<p><b>9:30 Outing: Fairview Mall (OUT) 7</b></p> <p>10:00 Tiered Exercise 2 (RA) 11:00 Beautiful Autumn Around the World (RA) 2:00 Bridge (4F) 2:30 Craft w/Mary Ann: Holiday Cards (CR) 3:30 Group Crossword (RA) 7:00 TV Series: HOUSE (RA) 7:00 Bistro Pub Night (B)</p>	<p>10:00 Better Living Exercise (RA) 8 11:00 St. Bonaventure Catholic Communion Service (GP) 11:00 You Be the Judge w/ Effie* (RA) 2:00 Euchre (4F) 2:15 Zumba Class (RA) 3:15 Social Hour w/ Music by Paul Butler (RA) 6:00 Adult Colouring Group (RA) 7:00 UNO (SA) 7:00 Movie: First Daughther (RA)</p>	<p>10:00 Sit &amp; Get Fit (RA) 9 11:00 Category Puzzles* (RA) 2:00 One-Line Bingo (RA) 2:30 Scrabble (CR) 3:30 Wine Social (RA) 6:45 Bridge (CR) 7:00 Movie: Work It (RA)</p>
<p>10:00 Morning Exercises (RA) 10 11:00 Presentation:- Remembrance Day: A Tribute Through Time* (RA) 2:00 Euchre (4F) 2:00 Artful Enrichment:- Remembrance Day: Wreaths of Honor (CR) 3:15 TEP Level 3 Standing Exercises (RA) 4:00 Hand Massages (L) 6:00 Garden Walks (GAR) 7:00 Movie: White Chicks (RA)</p>	<p>Remembrance Day 11</p> <p>10:00 Morning Workout with Effie (RA) 10:45 Remembrance Day Service (GP) 2:00 Painting w/ Lynn Kislock (CR) 2:00 Bridge (4F) 2:15 Healthy Mind: Canada in World War One Presentation by Dr. Lindsay (GP) 3:15 Reginald's Living thru Poetry* (RA) 4:00 Wordscapes* (RA) 7:00 TV Series: The Crown (RA) 7:30 Hurricanes Big Band Practice (GP)</p>	<p>10:00 Tiered Exercise 1 (RA) 12 10:30 Sunshine Therapy Dog Visits w/ Stormy (RA) 11:00 Welcome Home Social (CR) 11:00 Chasing Vowels (RA) 1:30 Sunshine Therapy Dog Visits w/ Marley (RA) 2:00 Sax Magic Band Practice (GP) 2:00 Chair Yoga (RA) 3:00 Reading Circle w/ Alan (RA) 4:00 Java Music Club (CR) 4:00 Hand Massages (L) 6:00 Board Games Night (CR) 7:00 Movie: Walk. Ride. Rodeo. (RA) 7:30 The Skyliners Band Practice (GP)</p>	<p>10:00 Better Living Exercise (RA) 13 10:45 Enchanted Flutes Band Practice (GP) 11:00 Guess the Instrument (RA) 2:00 Rummikub Club (4F) 2:30 Classical Concert with Lucia (RA) 3:30 Bingo (GP) 6:00 Jigsaw Puzzles (SPL) 7:00 Movie: The Sleep Over (RA) 7:30 George Lake Band Practice (GP)</p>	<p>10:00 Tiered Exercise 2 (RA) 14 11:00 Music Appreciation: Ricky Nelson* (RA) 2:00 Bridge (4F) 2:00 Ladder Toss (RA) 3:00 Group Crossword (RA) 4:00 Did You Know?* (RA) 7:00 TV Series: HOUSE (RA)</p>	<p>Vendor: Fashion Jewelry &amp; Home Décor (RA) 15</p> <p>10:00 Better Living Exercise (RA) 11:00 St. Bonaventure Catholic Communion Service (GP) 11:00 You Be the Judge w/ Effie* (RA) 1:00 Outing: The Keg (OUT) 2:00 Euchre (4F) 2:15 Zumba Class (RA) 3:15 Social Hour w/ Music by Paul Butler (RA) 6:00 Adult Colouring Group (RA) 7:00 UNO (SA) 7:00 Movie: The Intern (RA)</p>	<p>9:30 Oktokats Jazz Band Practice (GP) 16 10:00 Sit &amp; Get Fit (RA) 11:00 Category Puzzles* (RA) 2:00 One-Line Bingo (RA) 2:30 Scrabble (CR) 3:30 Wine Social (RA) 6:45 Bridge (CR) 7:00 Movie: The Accidental Husband (RA)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Morning Exercises (RA) <b>17</b></p> <p>11:00 Hymn Sings* (RA)</p> <p>2:00 Euchre (4F)</p> <p>2:00 Jubilee United Church Service (RA)</p> <p>3:15 TEP Level 3 Standing Exercises (RA)</p> <p>4:00 Hand Massages (L)</p> <p>6:00 Garden Walks (GAR)</p> <p>7:00 Movie: Sydney White (RA)</p>	<p>10:00 Mobile Hearing Clinic (DO) <b>18</b></p> <p>10:00 Morning Workout with Effie (RA)</p> <p>11:00 Jeopardy * (RA)</p> <p>12:00 November Birthday Luncheon (GP)</p> <p>2:00 Bridge (4F)</p> <p>2:30 Afternoon Concert w/ Shaya Petroff (GP)</p> <p>3:30 Men's Pub Club in the Craft Room (CR)</p> <p>4:00 Wordscapes* (RA)</p> <p>7:00 TV Series: The Crown (RA)</p> <p>7:30 Hurricanes Big Band Practice (GP)</p>	<p>10:00 Tiered Exercise 1 (RA) <b>19</b></p> <p>10:30 Sunshine Therapy Dog Visits w/ Stormy (RA)</p> <p>11:00 Water Pong Cup (RA)</p> <p>2:00 Sax Magic Band Practice (GP)</p> <p>2:00 Chair Yoga (RA)</p> <p>3:00 Reading Circle w/ Alan (RA)</p> <p>4:00 Java Music Club (CR)</p> <p>4:00 Hand Massages (L)</p> <p>6:00 Board Games Night (CR)</p> <p>7:00 Movie: Julie and Julia (RA)</p> <p>7:30 The Skyliners Band Practice (GP)</p>	<p>Vendor: Mobile Senior Shop (RA) <b>20</b></p> <p>10:00 Better Living Exercise (RA)</p> <p>10:45 Enchanted Flutes Band Practice (GP)</p> <p>11:00 Name That Country Artist* (RA)</p> <p>2:00 Rummikub Club (4F)</p> <p>2:00 Drum Circle with Donn (RA)</p> <p>3:30 Bingo (GP)</p> <p>6:00 Jigsaw Puzzles (SPL)</p> <p>7:00 Movie: Central Intelligence (RA)</p> <p>7:30 George Lake Band Practice (GP)</p>	<p>10:00 Tiered Exercise 2 (RA) <b>21</b></p> <p>11:00 Music Appreciation: Patti Page* (RA)</p> <p>11:30 Outing: Ithaca Greek Restaurant (OUT)</p> <p>2:00 Bridge (4F)</p> <p>2:00 Ladder Toss (RA)</p> <p>3:00 Resident General Meeting (RA)</p> <p>4:00 Group Crossword (RA)</p> <p>7:00 TV Series: HOUSE (RA)</p>	<p>Vendor: Fashion Jewelry &amp; Home Décor (RA) <b>22</b></p> <p>10:00 Better Living Exercise (RA)</p> <p>11:00 St. Bonaventure Catholic Communion Service (GP)</p> <p>11:00 You Be the Judge w/ Effie* (RA)</p> <p>2:00 Euchre (4F)</p> <p>2:15 Zumba Class (RA)</p> <p>3:15 Social Hour Fridays! (RA)</p> <p>6:00 Adult Colouring Group (RA)</p> <p>7:00 UNO (SA)</p> <p>7:00 Movie: The House Bunny (RA)</p>	<p>10:00 Sit &amp; Get Fit (RA) <b>23</b></p> <p>11:00 Category Puzzles* (RA)</p> <p>2:00 One-Line Bingo (RA)</p> <p>2:30 Scrabble (CR)</p> <p>3:30 Wine Social (RA)</p> <p>6:45 Bridge (CR)</p> <p>7:00 Movie: The Addams Family (RA)</p>
<p>10:00 Morning Exercises (RA) <b>24</b></p> <p>11:00 Hymn Sings* (RA)</p> <p>2:00 Euchre (4F)</p> <p>2:00 Artful Enrichment: Musical Charm Keychains (CR)</p> <p>3:15 TEP Level 3 Standing Exercises (RA)</p> <p>4:00 Hand Massages (L)</p> <p>6:00 Garden Walks (GAR)</p> <p>7:00 Movie: Ella Enchanted (RA)</p>	<p>10:00 Morning Workout with Effie (RA) <b>25</b></p> <p>11:00 November Jeopardy Trivia* (RA)</p> <p>2:00 Painting w/ Lynn Kislock (CR)</p> <p>2:00 Bridge (4F)</p> <p>2:15 Healthy Minds: A Biography of Thain MacDowell w/ Richard Clinton (GP)</p> <p>3:15 Melodies &amp; Cocktails: Social Hour w/ Music by Paul Butler (RA)</p> <p>4:00 Wordscapes* (RA)</p> <p>7:00 TV Series: The Crown (RA)</p> <p>7:30 Hurricanes Big Band Practice (GP)</p>	<p>10:00 Tiered Exercise 1 (RA) <b>26</b></p> <p>10:30 Sunshine Therapy Dog Visits w/ Stormy (RA)</p> <p>11:00 Church Of Our Saviour Anglican Service (GP)</p> <p>11:00 Chasing Vowels (RA)</p> <p>2:00 Sax Magic Band Practice (GP)</p> <p>2:00 Chair Yoga (RA)</p> <p>3:00 Reading Circle w/ Alan (RA)</p> <p>4:00 Java Music Club (CR)</p> <p>4:00 Hand Massages (L)</p> <p>6:00 Board Games Night (CR)</p> <p>7:00 Movie: All Together Now (RA)</p> <p>7:30 The Skyliners Band Practice (GP)</p>	<p>10:00 Better Living Exercise (RA) <b>27</b></p> <p>10:45 Enchanted Flutes Band Practice (GP)</p> <p>11:00 Guess That Sound (RA)</p> <p>2:00 Rummikub Club (4F)</p> <p>2:30 Afternoon Concert with Samira Yeo (RA)</p> <p>3:30 Bingo (GP)</p> <p>6:00 Jigsaw Puzzles (SPL)</p> <p>7:00 Movie: Pixels (RA)</p> <p>7:30 George Lake Band Practice (GP)</p>	<p>10:00 Tiered Exercise 2 (RA) <b>28</b></p> <p>11:00 Northern Italy Slideshow w/Renee (RA)</p> <p>2:00 Bridge (4F)</p> <p>2:00 Name that Thing (RA)</p> <p>4:00 Group Crossword (RA)</p> <p>7:00 TV Series: HOUSE (RA)</p> <p>7:00 Bistro Pub Night (B)</p>	<p>Vendor: Ladies One Stop Shop (RA) <b>29</b></p> <p>9:30 Outing: Pickering Casino (OUT)</p> <p>10:00 Better Living Exercise (RA)</p> <p>11:00 St. Bonaventure Catholic Communion Service (GP)</p> <p>11:00 You Be the Judge w/ Effie* (RA)</p> <p>2:00 Euchre (4F)</p> <p>2:15 Zumba Class (RA)</p> <p>3:15 Social Hour w/ Music by Paul Butler (RA)</p> <p>6:00 Adult Colouring Group (RA)</p> <p>7:00 UNO (SA)</p> <p>7:00 Movie: The War with Grandpa (RA)</p>	<p>St. Andrew's Day <b>30</b></p> <p>Vendor: Kiwanis Club of East York Holiday Treat Sale (RA)</p> <p>9:30 Oktokats Jazz Band Practice (GP)</p> <p>10:00 Sit &amp; Get Fit (RA)</p> <p>11:00 Category Puzzles* (RA)</p> <p>2:00 One-Line Bingo (RA)</p> <p>2:30 Scrabble (CR)</p> <p>3:30 Wine Social (RA)</p> <p>6:45 Bridge (CR)</p> <p>7:00 Movie: Gifted Hands: The Ben Carson Story (RA)</p>

### November Outings

#### 19th Avenue Farmers Market

Friday November 1st from 9:30am to 11:30am

#### Fairview Mall Shopping (Independent)

Thursday November 7th from 9:30am to 12:00pm

#### The Keg

Friday November 15th from 1:00pm to 4:00pm

#### Ithaca Greek Restaurant

Thursday November 21st from 11:30am to 3:30pm

#### Pickering Casino (Independent)

Friday November 29th from 9:40am to 3:00pm

### Special Events

Wednesday November 6th at 2:00pm - Active Planning Meeting

Monday November 11th at 10:45am - Remembrance Day Service

Tuesday November 12th at 11:00am - Welcome Home Social

Wednesday November 13th at 2:30pm - Classical Concert with Lucia

Monday November 18th at 12:00pm - November Birthday Luncheon

Monday November 18th at 2:30pm - Afternoon Concert with Shaya Petroff

Monday November 18th at 2:30pm - Men's Pub Club in the Craft Room

Thursday November 21st at 3:00pm - General Meeting

Monday November 25th at 3:15pm - Melodies & Cocktails: Social Hour w/ Music by Paul Butler

Wednesday November 27th at 2:30pm - Afternoon concert with Samira Yeo

### Locations Legend

- Recreation Area (RA)
- Gathering Place (GP)
- Craft Room (CR)
- 4th Floor (4F)
- Library (L)
- Outside (OUT)
- Solarium Area (SA)
- Garden (GAR)
- Service Plus Lounge (SPL)
- Doctor's Office (DO)
- Bistro (B)
- Fitness Room (F)

**Note that programs are subject to change. We will notify you of any changes in the daily calendar.**

**Turn over for Scheduled Programs for November 1st to November 16th And Additional Information.**