

Nov 2021



SUN	MON	TUE	WED	THU	FRI	SAT
	1 10:15 Knitting UK 11:15 Exercise UK 1:45 Alderwood Choir AMH	2 10:15 Yoga LB 1:45 BINGO AMH	3 10:15 Remembrance day craft AMH 1:45 Cards UK	4 10:30 Knitting UK 11:15 Exercise TS 2:00 Church Rev Mary Jo Harrison	Flossie MacInnis5 10:30 decorate for Remembrance Day 1:45 painting AMH	6 10:30 News and Coffee HS 
7 Church	 8 10:15 Knitting UK 11:15 Exercise LB 1:45 Painting AMH	9 10:15 Yoga UK 1:45 BINGO AMH	10 10:30 Cards UK 1:45 Remembrance Day Service Rev Ian Harrison	11 Remembrance Day 	12 10:30 Darts AMH 1:45 Painting LB	Eileen Matheson13 10:30 Board Games LB 1:45 Cards UK
Marg MacEachern14 Church	15 10:15 Knitting UK 11:15 Exercise 1:45 Alderwood Choir AMH	16 10:15 Yoga BD 1:45 BINGO AMH	Rachel MacInnis17 10:30 Resident Council AMH 1:45 Cards UK	18 10:30 book mobile AMH 11:15 Exercise BD 2:00 Church Margie MacIntyre	 19 10:30 Rosary in AMH 1:15 Birthday Party Cake and Music with Friends	Billy Nock 20 10:30 Cards with CCA's
Chris Ross 21 Church	22 10:15 Knitting UK 11:15 Exercise UK 1:45 Painting AMH	Chris Noseworthy23 Sophie Gracie 10:15 Yoga UK 1:45 BINGO AMH	24 10:15 Movie AMH 1:45 Cards UK	Jennie MacLean 25 10:30 Knitting UK 11:15 Exercise BI 2:00 Church Rev Corrie Stewart 	26 10:30 Music 1:1 1:45 Alderwood Cafe	27 10:30 News and Coffee UK 
28 Church	 29 10:15 Knitting UK 11:15 Exercise TS 1:45 SINGO AMH	30 10:15 Yoga LB 1:45 BINGO AMH	ALYSSA ROCKWELL RECREATION DIRECTOR ALDERWOOD BOX 218 BADDECK NOVA SCOTIA B0E1B0 PHONE: 902.295.2644 EXT 226 FAX: 902.295.3445 RECREATION@ALDERWOODBADDECK.CA			



Visits with Bonnie
Pet Therapy
Last Monday!