

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
11am Bible Scripture Reading(AF) 1pm Room Visits(AF) <small>Daylight Saving Time Ends</small>	1 10:30 Name That Tune(MD) 2:30 Arts N Craft(MD)	2 10:30 Exercise Group(MD) 2:30 Movie Matinee(MD)	3 10:30 Balloon Toss 2:30 Women's & Men's Group(MD)	4 10:30 Music Vibes(MD) 2:30 You be the judge social group(MD)	5 10:30 Exercise Group(MD) 2:30 Trivial Pursuit(MD)	6 11am Room Visits(AF) 1pm Movie Matinee(RL) Room Visits(AF)	7
11am Bible Scripture Readings(AF) 1pm Room Visits(AF)	8 10:30 Virtual Family Visits(AF) 2:30 Virtual Family Visits(AF)	9 10:30 Virtual Family Visits(AF) 2:30 Virtual Family Visits(AF)	10 10:30 Virtual Family Visits(AF) 2:30 Virtual Family Visits(AF) <small>Veterans Day Remembrance Day (Canada)</small>	11 10:30 Virtual Family Visits(AF) 2:30 Virtual Family Visits(AF)	12 10:30 Virtual Family Visits(AF) 2:30 Virtual Family Visits(AF)	13 10:30 Virtual Family Visits(AF) 1pm Room Visits(MD)	14
11am Bible Scripture Readings(AF) 1pm Room Visits(AF)	15 10:30 Exercise Group(MD) 2:30 Movie Matinee(MD)	16 10:30 Back Down Memory Lane(MD) 2:30 Arts N Craft(MD)	17 10:30 Trivial Pursuit(MD) 2:30 Fun N Games(MD)	18 10:30 Balloon Toss(MD) 2:30 Movie Matinee(MD)	19 10:30 You be the Judge Social Group(MD) 2:30 Resident Council Meeting(MD)	20 11am Room Visits(MD) 1pm Room Visits(MD)	21
11am Bible Scripture Readings(AF) 1pm Room Visits(AF)	22 10:30 Virtual Family Visits(AF) 2:30 Virtual Family Visits(AF)	23 10:30 Virtual Family Visits(AF) 2:30 Virtual Family Visits(AF)	24 10:30 Virtual Family Visits(AF) 2:30 Virtual Family Visits(AF)	25 10:30 Room Visits(AF) 1:00pm Holiday Movie Matinee(AF) <small>Thanksgiving Day (US)</small>	26 10:30 Virtual Family Visits(AF) 2:30 Virtual Family Visits(AF)	27 10:30 Room Visits(AF) 2:30 Room Visits(AF)	28
11am Bible Scripture Readings(AF) 1pm Room Visits(AF)	29 10:30 Exercise Group(MD) 2:30 Women's & Men's Group(MD)	 <p>November 2020 INSPIRE HEALTH & REHAB CENTER 2131 OST. NW, WDC 20037</p>					

ALL ACTIVITIES ARE SUBJECT TO CHANGE! MD-Main Dining Room AF-All Floors