
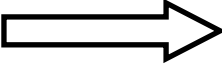


Life Lease Fitness & Activities: November 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Resident-Run Activities: Gold. For more information, visit CATIE-WEB</p> <p>Special Events in Green.</p>	<p>1</p> <p>Gentle Strength 10:30 (FC/V)</p> <p>1:1 Fitness 11:00 (FC)</p> <p>Art Group 1:30 (MPR)</p>	<p>2</p> <p>1:1 Tech Support 9:00—11:00</p> <p>RAB 10:00 (V)</p> <p>Hybrid Fitness 9:30, 10:15 & 11:00 (CH/V)</p> <p>Conversation Group 10:15 (G)</p> <p>Solo 7:00 (G)</p>	<p>3</p> <p>Parkinson's Peer Support Group 10:00 (G)</p> <p>1:1 Fitness 1:00 (FC)</p>	<p>4</p> <p>Hybrid Fitness 9:30, 10:15 & 11:00 (CH/V)</p> <p>Reading Group 2:00 (MPR)</p> <p>Bridge 7:00 (G)</p>	<p>5</p> <p>1:1 Fitness 9:30—12:30 (FC)</p> <p>Singing Group 11:30 (CH)</p> <p>One Strange Rock Episode 10:30 (G)</p> <p>Social Hour 4:30 (MR)</p>	<p>6</p>	
<p>7</p> <p>Chapel Service 11:00 (CH)</p>	<p>8</p> <p>Gentle Strength 10:30 (FC/V)</p> <p>Bible Study Series #1 10:30 (CH)</p> <p>1:1 Fitness 11:00 (FC)</p> <p>Art Group 1:30 (MPR)</p>	<p>9</p> <p>1:1 Tech Support 9:00—11:00</p> <p>Hybrid Fitness 9:30, 10:15 & 11:00 (CH/V)</p> <p>Conversation Group 10:15 (G)</p> <p>Solo 7:00 (G)</p>	<p>10</p> <p>Our Lady of Lourdes Catholic Mass 10:00 (CH)</p> <p>Watercolor Class #1 10:00 (MR)</p> <p>1:1 Fitness 1:00 (FC)</p> <p>Bingo 2:30 (G)</p>	<p>11</p> <p>Remembrance Day 10:30 AP</p> <p>Reading Group 2:00 (MPR)</p> <p>Bridge 7:00 (G)</p> <p> <i>Lest We Forget</i></p>	<p>12</p> <p>1:1 Fitness 9:30—12:30 (FC)</p> <p>Singing Group 11:30 (CH)</p> <p>Meditation & Mindfulness 10:00 (G)</p> <p>Social Hour 4:30 (MR)</p>	<p>13</p>	
<p>14</p> <p>Chapel Service 11:00 (CH)</p>	<p>15</p> <p>Gentle Strength 10:30 (FC/V)</p> <p>Bible Study Series #2 10:30 (CH)</p> <p>1:1 Fitness 11:00 (FC)</p> <p>Art Group 1:30 (MPR)</p>	<p>16</p> <p>1:1 Tech Support 9:00—11:00</p> <p>Hybrid Fitness 9:30, 10:15 & 11:00 (CH/V)</p> <p>Conversation Group 10:15 (G)</p> <p>Solo 7:00 (G)</p>	<p>17</p> <p>Parkinson's Peer Support Group 10:00 (G)</p> <p>Watercolor Class #2 10:00 (MR)</p> <p>1:1 Fitness 1:00 (FC)</p>	<p>18</p> <p>Hybrid Fitness 9:30, 10:15 & 11:00 (CH/V)</p> <p>Reading Group 2:00 (MPR)</p> <p>Bridge 7:00 (G)</p>	<p>19</p> <p>1:1 Fitness 9:30—12:30 (FC)</p> <p>Singing Group 11:30 (CH)</p> <p>Social Hour 4:30 (MR)</p>	<p>20</p> <p>Terrarium-Making with Sue Gleiser 2:00 (MR)</p>	
<p>21</p> <p>Chapel Service 11:00 (CH)</p>	<p>22</p> <p>Gentle Strength 10:30 (FC/V)</p> <p>Bible Study Series #3 10:30 (CH)</p> <p>1:1 Fitness 11:00 (FC)</p> <p>Art Group 1:30 (MPR)</p>	<p>23</p> <p>1:1 Tech Support 9:00—11:00</p> <p>Hybrid Fitness 9:30, 10:15 & 11:00 (CH/V)</p> <p>Conversation Group 10:15 (G)</p> <p>Solo 7:00 (G)</p>	<p>24</p> <p>Watercolor Class #3 10:00 (MR)</p> <p>1:1 Fitness 1:00 (FC)</p> <p>Breakthroughs & Brain Stimulation Education Session 1:30 (G)</p> <p>Bingo 2:30 (G)</p>	<p>25</p> <p>Hybrid Fitness 9:30, 10:15 & 11:00 (CH/V)</p> <p>Reading Group 2:00 (MPR)</p> <p>RAB Advanced Polls 12—3 (CH)</p> <p>Bridge 7:00 (G)</p>	<p>26</p> <p>1:1 Fitness 9:30—12:30 (FC)</p> <p>Black Friday Shopping 10:00—2:00 (Throughout Atrium)</p> <p>Singing Group 11:30 (MPR)</p> <p>Social Hour 4:30 (MR)</p>	<p>27</p>	
<p>28</p> <p>Chapel Service 11:00 (CH)</p>	<p>29</p> <p>Gentle Strength 10:30 (FC/V)</p> <p>Bible Study Series #4 10:30 (CH)</p> <p>1:1 Fitness 11:00 (FC)</p> <p>Art Group 1:30 (MPR)</p>	<p>30</p> <p>1:1 Tech Support 9:00—11:00</p> <p>RAB Elections 10:00—3:00 (CH)</p> <p>Conversation Group 10:15 (G)</p> <p>Solo 7:00 (G)</p>	<p>Atrium Visitor Parking Lot: AP (u-shaped)</p> <p>Chapel: CH Gallery: G Fitness Centre: FC</p> <p>Martin's Restaurant: MR</p> <p>Multipurpose Room: MPR</p> <p>Village Green: VG</p> <p>Virtual: V</p>			<p>See reverse for details & registration information.</p> <p></p>	

Life Lease Fitness & Activities Special Events—November 2021

Watercolor Printmaking: November 10th, 17th & 24th 10:00 —11:30 a.m.



Join us for this three-part series offered by the Button Factory and hosted by Artist Kari Mullin. All skill levels are welcome. The watercolor printmaking class will be held in Martin's Restaurant for \$25 (no tax and the cost includes all supplies). Pre-registration and payment are required at the Front Desk by Friday November 5th. A minimum of 5 residents are required to run the program and the maximum capacity will be 10. See the poster by the Recreation Office for further details.

Meditation & Mindfulness: November 12th 10:00 —10:30 a.m.



This introductory course will dive into the benefits of meditation and mindfulness, and provide an opportunity to practice it in a supportive environment. This is a drop-in session that will be held in the Gallery.

Education Session: Diet & Mental Health: November 24th 1:30—2:15 p.m.



Recreation Assistant Hailey will be posting a two-part educational series linking the newest developments on brain health. Pre-registration not required. The event will be held in the Gallery. Details can be found on the posters outside the Recreation Office.

Terrarium-Making Workshop: November 20th 2:00—3:00 p.m.



Sue Gleiser from UB Green is pleased to present an active workshop to build your own small succulent terrarium. Pre-registration and payment are required by November 14th. The cost of the workshop is \$30 (tax and all supplies included) and will be held in Martin's Restaurant. A minimum of 5 are required to run the program and the maximum capacity will be 10. See the poster at Recreation Office for more detail.

Black Friday: November 26th 10:00 a.m. —2:00 p.m.



Luther Village is pleased to present our very own Black Friday shopping event. Various vendors will be on site in the Atrium selling their products and services. Included are Button It, Christian Books and More, Tisket Tasket Baskets, EZ Fit Shoes, Gina's Gemstones, KMW Clothing & UB Green. See the poster outside the Recreation Office for details.

Important Numbers

Main Switchboard.....	519-783-3710
Nancy Munn, Fitness Coordinator.....	519-783-3236 x 1265
Wellness Centre (Joy)	519-783-3236 x 2009
Village Shoppe.....	519-783-3236 x 2441
Hair Care, Chiler Zammit.....	226-338-2678
Kanvas Nails.....	226-789-6245
Complete Hearing, Dale Hewie.....	519-896-2654
Feet on the Go, Kaye Soares, RPN.....	519-654-6363
Massage Therapy, Julie M. Pallot, RMT.....	519-635-0420
Newtex Cleaners	519-744-4411



Nancy is a Registered Kinesiologist offering a variety of 1:1 and group fitness opportunities at the Village. If you are interested in joining our fitness program, please contact her:

nmunn@luthervillage.org



Welcome Hailey to the Wellness Team. Hailey was hired as a casual Activities Assistant and will be supporting with a variety of activities throughout the month. Hailey is a full-time student & also volunteers in the Fitness Centre.



Lisette Pineau is in her final year of study at Wilfrid Laurier University where she is pursuing a Master's degree in Spiritual Care and Psychotherapy. She is completing a placement with the Wellness Team and her focus is on providing support to residents as they deal with loss, grief,

fear, and existential questioning; especially as they navigate life during the pandemic. If you are interested in setting up a 1:1 session, call the Wellness Centre at ext. 2009 or email lpineau@luthervillage.org.

