













Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Activity Coordinator</b></p> <p>Allyson Hickey 444-3880 ext. 2112 <a href="mailto:ahickey@yorkcarecentre.ca">ahickey@yorkcarecentre.ca</a></p>	<p><b>Allyson is Off</b> 1</p> <p>11:00 Morning Exercises with Rehab (T1 Lounge)</p> 	<p><b>Allyson is Off</b> 2</p> 	<p>3</p> <p>10:45 Ladies Beauty Time (T1 Lounge)</p> <p>2:00 Friendly Visits (1:1)</p>	<p>4</p> <p>10:45 Morning Coffee &amp; Chat (T1 DR)</p> <p>2:30 Crafters Corners (T1 DR)</p>	<p><b>Allyson is on T3</b> 5</p> <p>2:00 Creative Fitness with Rehab (T1 DR)</p> 	<p><b>On This Day</b> 6</p> <p>According to <i>The Old Farmer's Almanac</i>, Sadie Hawkins Day is celebrated the first Saturday in November.</p>
<p><b>On This Day</b> 7</p> <p>"Fall Back" Day – U.S. daylight saving time ends and standard time resumes at 2 a.m. on the first Sunday in November.</p> <p><small>Daylight Saving Time Ends</small></p>	<p>8</p> <p>10:00 Friendly Visits</p> <p>11:00 Morning Exercises with Rehab (T1 Lounge)</p> <p>2:00 Hot Apple Cider Social (T1 DR)</p>	<p><b>Allyson is in at 12:30</b> 9</p> <p><b>Allyson is on T3</b></p> 	<p><b>Allyson is in at 12:30</b> 10</p> <p>2:00 Virtual Remembrance Day Service (T1 DR)</p> 	<p><b>Allyson is Off</b> 11</p>  <p><i>Lest we forget</i></p> <p><small>Veterans Day Remembrance Day (Canada)</small></p>	<p><b>Allyson is on T3</b> 12</p> <p>2:00 Creative Fitness with Rehab (T1 DR)</p> 	<p><b>On This Day</b> 13</p> <p>The 4<sup>th</sup> Earl of Sandwich, was born on this day in 1718. He asked for meat to be served between slices of bread. Soon people started ordering "the same as Sandwich", and the name stuck!</p>
<p><b>On This Day</b> 14</p> <p>This day celebrates the story of the first teddy bear. Legend says that President Roosevelt spared the life of a bear cub while on a big game hunt on this day in 1902.</p>	<p><b>Allyson is on T3 AM</b> 15</p> <p>11:00 Morning Exercises with Rehab (T1 Lounge)</p>	<p><b>Allyson is on T3 PM</b> 16</p> <p>11:00 Music Therapy (T1 Lounge)</p>	<p>17</p> <p>2:00 Virtual Worship Service (T1 DR)</p>	<p>18</p> <p>11:00 Friendly Visits (T1)</p>	<p><b>Allyson is on T3</b> 19</p> <p>2:00 Creative Fitness with Rehab (T1 DR)</p> 	<p><b>On This Day</b> 20</p> <p>Born on this day in 1908, Alistair Cooke was a radio and television personality known for <i>Letter from America</i> and for hosting <i>Masterpiece Theatre</i>.</p>
<p><b>CHRISTMAS DECORATING WEEK</b></p>						
<p><b>On This Day</b> 21</p> <p>On this day in 1783, French brothers Joseph and Jacques Montgolfier constructed a hot-air balloon that rose 84 feet into the air.</p>	<p><b>Allyson is Off</b> 22</p> <p>11:00 Morning Exercises with Rehab (T1 Lounge)</p> 	<p><b>Allyson is Off</b> 23</p> 	<p>24</p> <p>10:45 Bingo (T1 DR)</p> <p>2:00 Virtual Concert (T1 DR)</p> 	<p>25</p> <p>10:00 Ladies Beauty Time (T1 Lounge)</p> <p>2:00 Baking (T1 DR)</p>  <p><small>Thanksgiving Day</small></p>	<p><b>Allyson is on T3</b> 26</p> <p>2:00 Creative Fitness with Rehab (T1 DR)</p> 	<p><b>On This Day</b> 27</p> <p>On this day in 1968, the first National Women's Liberation Conference opened in Lake Villa, Illinois.</p>
<p><b>On This Day</b> 28</p> <p>Today marks the first day of the Jewish celebration of Hanukkah, known as the "festival of lights."</p> <p><small>Hanukkah Begins</small></p>	<p>29</p> <p>10:00 Friendly Visits</p> <p>11:00 Morning Exercises with Rehab (T1 Lounge)</p> <p>2:00 Hot Chocolate Social (T1 DR)</p>	<p><b>Allyson is in at 12:30</b> 30</p> <p><b>Allyson is on T3</b></p> 	<h1>November 2021</h1> <h2>Tower 1</h2>			