











SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1>November</h1>  <p>NOTE THAT ALL PROGRAMS ARE SUBJECT TO CHANGE</p>						
 DAYLIGHT SAVINGS TIME ENDS 5 8:30AM ANGLICAN CHURCH SERVICE (CH) 10:30AM REMEMBRANCE ANGLICAN CHURCH SERVICE (CH) WITH FAIRBANK BRANCH 75 OF THE ROYAL CANADIAN LEGION 	6 10AM CALENDAR & READINGS (SC) 10:30AM COMPUTER LESSONS (CW) SIGN UP 10:45AM KNIT & CHAT (SC) 1:30PM CHAIR AEROBICS WITH AMELIA (SC) 3PM KARAOKE TEALIGHTS CHOIR (SC) 3PM HEALTHY HEARING AID CLINIC (W)	7 10AM BALLOON BADMINTON (CW) 10:30AM ADULT COLOURING (CW) 1PM FALLS PREVENTION FITNESS CLASS (CW) 2PM PIANO HOUR WITH PETER NESS (MF)	8 9:45AM TAI CHI GENTLE MOVEMENT (CW) 10:30AM MORNING COFFEE & TEA SOCIAL (SC) 10:30AM ANGLICAN CHURCH SERVICE (C) 2PM CHAIR LINE DANCING WITH KHAREN (MF)	9 10AM TRIVIA TIME (MF) 10:30AM ROMAN CATHOLIC ROSARY (SC) 10:45AM DUFFERIN MALL TRIP (VTL) MUST SIGN UP 1:30PM MOVEMENT TO MUSIC WITH KALSANG (SC) 2:15PM FOOD COMMITTEE MEETING (BOARD) 2:30PM BOARD GAMES (L) 3:30PM 50/50 DRAW (MF)	10 10AM KALSANG'S SEMINAR (SC) 10:45AM PIANO WITH LYNN (MF) 1PM FALLS PREVENTION FITNESS (CW) 2PM CONCERT: MARIE GOGO - REMEMBRANCE CABARET (CH) 	11  REMEMBRANCE DAY 10AM REMEMBRANCE GATHERING (SC) 2PM NINTENDO Wii (L)
12 8:30AM ANGLICAN CHURCH SERVICE (CH) 10:30AM ANGLICAN CHURCH SERVICE (CH)	13 10AM CALENDAR & READINGS (SC) 10:30AM COMPUTER LESSONS (CW) SIGN UP 10:45AM NAME THAT TUNE (SC) 1:30PM DANCING WITH AMELIA (SC) 3PM KARAOKE TEALIGHTS CHOIR (SC)	14 10AM SUPER QUIZ (MF) 10:30AM CLASSICAL MUSIC (MF) 1PM FALLS PREVENTION FITNESS (CW) 2PM UNITED CHURCH SERVICE (CHAPEL) 2PM POST CARD PEN PALS (L) 2:30PM LIFE BIO BIOGRAPHY WRITING (L)	15 9:45AM TAI CHI GENTLE MOVEMENT (CW) 10:30AM MORNING COFFEE & TEA SOCIAL (SC) 10:30AM ANGLICAN CHURCH SERVICE (C) 2PM OCTOBER & NOVEMBER BIRTHDAY PARTY (VDR) by invitation	16 10AM TRIVIA TIME (MF) 10:30AM ROMAN CATHOLIC ROSARY (SC) 1:30PM MOVEMENT TO MUSIC WITH KALSANG (SC) 2:30PM PULSE RX TALK (SC) TOPIC: BLOOD PRESSURE	17 10AM LET'S PLAY CHARADES! (MF) 10:45AM PIANO WITH LYNN (MF) 1PM FALLS PREVENTION FITNESS (CW) 2:30PM CANADIAN WILDERNESS VIDEO (SC) 	18 10:30AM COFFEE TALK (SC) 2PM 50cent BINGO (CW)
19 8:30AM ANGLICAN CHURCH SERVICE (CH) 10:30AM ANGLICAN CHURCH SERVICE (CH)	20 10AM-2PM SENIORS MOBILE SHOP (L) 10AM CALENDAR & READINGS (SC) 10:15AM EXECUTIVE COUNCIL MEETING (CW) 10:45AM WORD GAMES (SC) 1:30PM AMELIA'S A TASTE OF PEPPERMINT (MF) 3PM KARAOKE TEALIGHTS CHOIR (SC)	21 10AM SUPER QUIZ (MF) 10:30AM CHRISTMAS CRAFT SALE (MF) 1PM FALLS PREVENTION FITNESS (CW) 1:30PM AMELIA'S SEMINAR (SC) 2:30PM CONCERT: DON DUNHAM (MF)	22 9:45AM TAI CHI GENTLE MOVEMENT (CW) 10:30AM MORNING COFFEE & TEA SOCIAL (SC) 10:30AM ANGLICAN CHURCH SERVICE (C) 2PM GUEST SPEAKER: ALZHEIMER'S SOCIETY OF TORONTO (SC) 	23 10AM TRIVIA TIME (MF) 10:30AM ROMAN CATHOLIC ROSARY (SC) 1:30PM MOVEMENT TO MUSIC WITH KALSANG (SC) 2PM GENERAL MEETING OF THE RESIDENTS (VDR) 3PM TELL ME SOMETHING SMARTIE GAME (SC)	24 10AM SHORT STORIES & LAUGHTER (SC) 10:45AM PIANO WITH LYNN (MF) 1PM FALLS PREVENTION FITNESS (CW) 2:30PM COMEDY VIDEO (SC) I LOVE LUCY	25 10AM - 2PM CHURCH CHRISTMAS BAZAAR & BAKE SALE (MR) 10:30AM COFFEE TALK (SC) 1:30PM MOVIE AFTERNOON (SC) "ROMAN HOLIDAY" 1953
26 8:30AM ANGLICAN CHURCH SERVICE (CH) 10:30AM ANGLICAN CHURCH SERVICE (CH)	27 10AM CALENDAR & READINGS (SC) 10:30AM COMPUTER LESSONS (CW) SIGN UP 10:45AM FUN & GAMES (SC) 1:30PM MOVE & GROOVE WITH AMELIA (MF) 1:30PM WELCOME COFFEE HOUR (SC) by invitation 3PM KARAOKE CHOIR (SC)	28 10AM PARACHUTE FITNESS FUN (CW) 10:30AM ADULT COLOURING (CW) 1PM FALLS PREVENTION FITNESS (CW) 2PM LAUGHTER YOGA (SC) 3PM NINTENDO Wii BOWLING GAME (L)	29 9:45AM TAI CHI GENTLE MOVEMENT (CW) 10:30AM MORNING COFFEE & TEA SOCIAL (SC) 10:30AM ANGLICAN CHURCH SERVICE (C) 2PM MUSICAL FUN WITH TOM HOCKING (MF)	30 10AM CANADIAN TRIVIA TIME (MF)  10:30AM ROMAN CATHOLIC ROSARY (SC) 2PM STRETCH & BREATHE WITH LIZ (SC) 2:45PM RELAXATION MUSIC (SC)	 <p>LOCATION KEY: C-CHAPEL CH-CHURCH CW-CROSSWALK M-MAIN FLOOR L-LOUNGE (DUFFERIN TOWER) SC-SOCIAL CENTRE VDR-VAUGHAN DINING ROOM VTL-VAUGHAN TOWER LOBBY W-WELLNESS CENTRE</p>	



VAN TRIP

VAN SIGN UP SHEETS ARE POSTED AT 10AM THE LAST THURSDAY OF THE MONTH ON THE BULLETIN BOARD OUTSIDE OF HILDA'S PANTRY.

THURSDAY NOV. 9 SHOPPING AT DUFFERIN MALL
DEPART: 10:45AM RETURN: 1:30PM
COST PER RESIDENT PER TRIP IS \$7.50

ST. HILDA'S TOWERS PARTNERS WITH RECONNECT COMMUNITY HEALTH SERVICES TO PROVIDE VAN OUTINGS. TRIPS DEPART FROM VAUGHAN TOWER LOBBY.



Activity Newsletter NOVEMBER 2017



HAPPY BIRTHDAY

RAY McCANN	NOV. 2	MARY ENGELS	NOV. 9
BOB DIVORTY	NOV. 4	CHRISTIAN GARNIER	NOV. 10
BILL PANCHUK	NOV. 6	HELEN MEADOWS	NOV. 15
LILLIAN McCORMICK	NOV. 7	LORENZO CAPOBIANCO	NOV. 17
JOAO FERNANDES	NOV. 8	MARY JESS LEBRETON	NOV. 19
MARION SLATE	NOV. 8		



JOIN OUR KARAOKE TEA LIGHTS CHOIR

DIRECTOR: ROD CARTAGENA EXECUTIVE DIRECTOR
WE ARE HOSTING SEVERAL REHEARSALS FOR OUR VERY OWN KARAOKE "TEA LIGHTS" FESTIVE CHOIR. WE PLAN TO PERFORM IN DECEMBER.




WASH YOUR HANDS!



During Flu & Cold Season to prevent the spread of germs by washing your hands often. If you are sick please limit contact with others & advise the Wellness Centre (medical unit).

EVENTS TO NOTE



WEDNESDAY NOV. 1	TORONTO CAMERA CLUB SLIDE SHOW 2PM (SC)
THURSDAY NOV. 2	SMILE SERENADERS 2:30PM (MF)
WEDNESDAY NOV. 8	SEATED LINE DANCING WITH KHAREN 2PM (MF)
FRIDAY NOV. 10	MARIE GOGO CONCERT 2PM (CH) REMEMBRANCE CABARET
SATURDAY NOV. 11	REMEMBRANCE DAY GATHERING 10AM (SC) WATCH THE SERVICE FROM OTTAWA 
WEDNESDAY NOV. 15	OCTOBER & NOVEMBER BIRTHDAY PARTY 2PM (VDR) BY INVITATION
MONDAY NOV. 20	SENIORS MOBILE SHOP 10AM-2PM (L)
TUESDAY NOV. 21	DON DUNHAM IN CONCERT 2:30PM (MF) TALENTED SINGER & PUPPETEER
WEDNESDAY NOV. 22	GUEST SPEAKER: THE ALZHEIMER'S SOCIETY OF TORONTO 2PM (SC)
THURSDAY NOV. 23	GENERAL MEETING OF THE RESIDENTS 2PM (VDR) SPEAKER: ROD CARTAGENA EXECUTIVE DIRECTOR STHI
TUESDAY NOV. 28	LAUGHTER YOGA WITH PATRICIA 2PM (SC)



Residents Council 50/50 Draw!

Thursday Nov. 9 at 3:30pm Main Floor

\$2.00 per ticket! \$5.00 for 3 tickets!

Volunteers will be selling tickets: Tuesday Nov. 7 10am to 2pm
Wednesday Nov. 8 10am to 2pm
Thursday Nov. 9 10am to 2pm

50% of cash goes to the lucky winner 50% of cash will support Residents Council

Thank you for your participation!

* Last draw for 2017!

2339 DUFFERIN STREET, TORONTO, ONTARIO, M6E 4Z5

416-781-6621
WWW.STHILDASTOWERS.COM



Activities Department:

Allison: 416-256-6535
Carina: 416-256-6533
Liz: 416-256-6534
Kim or Kenesha: 416-256-6531



CRAFT SALE



Tuesday Nov. 21
10:30am-11:30am
Main Floor
Great Gifts For One & All!



ST. HILDA'S TOWERS GARDEN CLUB

POINSETTIA SALE



TUESDAY DEC. 5
10:30am-12noon MAIN FLOOR

4" POINSETTIA \$5 6" POINSETTIA \$10
7" GLITTER POINSETTIA \$15 10" POINSETTIA \$25

** CALL LIZ AT EXT. 6534 TO PRE-ORDER BY NOV. 16TH!

PROCEEDS SUPPORT THE GREENHOUSE