



New Beginnings Club Sarnia
Schedule for
November 2024



260 Indian Rd. S. Eastland Plaza

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Social Coffee Time 10:15 Tai Chi with Susan 11:00 Group Activities (see below) 12:00 Lunch (\$5.00) 1:00 Life is Movement 1:00 Pathways Pool 2:00 Group Activities	9:00 Social Coffee Time 10:00 Fitness & Mobility 11:00 Group Activities (see below) 11:00 Communication Group 12:00 Lunch (\$5.00) 1:00 Life is Movement 2:00 Group Activities	9:00 Social Coffee Time 10:00 Let's Keep it Moving 11:00 Group Activities (see below) 12:00 Lunch (\$5.00) 1:00 Life Is Movement 2:00 Group Activities	9:00 Social Coffee Time 10:00 Fitness & Mobility 11:00 Group Activities (see below) 11:00 Communication Group 12:00 Lunch (\$5.00) 1:00 Life is Movement 2:00 Group Activities	9:00 Social Coffee Time 10:00 Fitness & Mobility 11:00 Fit Minds 12:00 Lunch (\$5.00) 1:00 Euchre Tournament

Monday	Tuesday	Wednesday	Thursday	Friday
				1 2 Fit Minds (Lehrend)
3 4 11:00 Spot the Falls Hazard 1:15 Supper's Ready	5 11:00 Understanding Pain 2:00 Giant Scrabble	6 11:00 Name that Movie Soundtrack 2:00 Deck the Tree	7 11:00 Fall Prevention 2:00 Jelly Hands Game	8 9 Fit Minds (Karah)
10 11 11:00 Remembrance Day Activities 1:15 Supper's Ready	12 11:00 Christmas Swag 2:00 Coaster Diamond Painting Hair Cuts 9:30-11:30	13 11:00 Name that TV Theme Song United Way Pasta Fundraiser \$15 2:00 Deck the Tree	14 11:00 Personal Christmas Cards 2:00 Sequence	15 16 Fit Minds (Lehrend)
17 18 11:00 Safe Winter Walking 1:15 Supper's Ready	19 11:00 Christmas Swag 2:00 Coaster Diamond Painting	20 11:00 Name that 90's Tune 2:00 Olaf Craft 1:00 Bowling at Hi-way Bowl	21 11:00 The Nurse is In... 2:00 Escape Room Puzzle	22 23 Fit Minds (Lehrend)

24	<p style="text-align: right;">25</p> <p>11:00 Fall Prevention Jeopardy 1:15 Supper's Ready</p>	<p style="text-align: right;">26</p> <p>11:00 Christmas Swag 2:00 Coaster Diamond Painting</p>	<p style="text-align: right;">27</p> <p>11:00 Finish the Lyrics 2:00 Olaf Craft Caregiver Support @ 1:00</p>	<p style="text-align: right;">28</p> <p>11:00 Christmas Jars with Penny Part 1 2:00 Table Soccer</p>	<p style="text-align: right;">29</p> <p>Fit Minds (Karah)</p>	30
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