

November Pugwash

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Mega BINGO No Onsite Programs * \$	2 No Programs Halloween Clean Up	3 Rebuilding Hope Conference Full Day No Onsite Programs *	4 9-10 Wellness Wednesday 12:30-2 Aquafit @ YMCA * \$	5 9-11 Walk at Oxford Community Center & Tims for Coffee 1-3 Remembrance Day Paint with Stephen (Oxford Full Day) * \$	6 Christmas Shopping & Lunch Full Day No Onsite Programs *	7 Ramblers Hockey Game No Onsite Programs *
8	9 9-11 Baking & Beats 1-3 Crafty Creations	10 9-11 Drumfit & Movement 1-3 Basketball with the Bridge @ YMCA *	11 CLOSED Remembrance Day 	12 9-11 Coffee, Cards & Conversation 1-3 Pet Therapy @ L.A. Animal Shelter *	13 Bowling & Lunch Full Day No Onsite Programs *	14 Skating or Walking Track & Ramblers Hockey Game \$ Full Day * No Onsite Programs
15	16 9-11 Cooking 1-3 Library	17 9-11 Drumfit 12:30 - 2 Curling *	18 10-11:30 Self Advocacy Meeting 1-3 Lunch @ Route 6 Roadhouse * \$	19 Games Day am/pm (cards,board & video)	20 1:30-3:30 Treat BINGO 6-8 Community Karaoke @ the Oxford Capitol Theatre *	21 Supper @ Wendy's & Amherst Christmas Parade No Onsite Programs *
22	23 9-11 Cooking 1-3 Spa Day	24 9-11 Trivia 12:30 -2 Curling Offsite - Dinner & a Movie * \$	25 9-11 Drumfit 1-3 Wellness Wednesday (Winter Safety)	26 9-11 Winter Crafts 1-3 Pet Therapy with Hank 	27 \$ * Aqua ZUMBA @ the YMCA Supper & Oxford Christmas Parade Full Day No Onsite Programs	28 2-4 Indoor Bowling 6-8 Country Hoedown & Snacks
29	30 9-11 Cooking 1-3 Library					

\$ **Money Required**

* **Sign Up Required**

Ready to JOIN the fun?
Reach out to Paula or Spencer
at

sistaff@sunsetcommunity.ca
or call **902-694-8164**

Please Note:

Offsite activities fill up quickly! We encourage you to sign up as early as possible to secure your spot.

