

November 2023 Calendar

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

For more information or to register please visit
<https://mycommunityhub.ca/>
 or contact the Links program at links@clnb.org

5
Music with Lynn Blunt
 10AM-11AM



6

7
Cooking
 9:30-11:00am
Drumfit with Ty
 11:30-1:00pm
Music with Brian Risk
 1:00-2:00pm
Gym Sports with Amanda
 1:00PM-2:30PM
Drumming 2:00-3:00PM

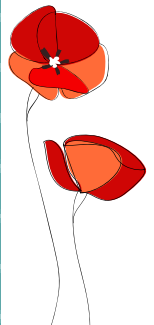


8
Adventures in Arts
 10:00AM-11:30AM
VON in Person Exercise
 11:00-12:00pm
Hike - Laurier Woods
 1:00PM-3:00PM
Dinner & Board Games
 4:30-7:30PM

9
Baking
 9:30-11:00am
Gymtrix Drop-In
 9:30-11:00am
Music with Gordia
 1:00-2:00pm
Music with Chris
 1:00-2:00pm
BINGO with BOB
 2:00-3:00PM

10
Statutory Holiday

11



12

13
Fun Games
 9:30-11:00am
Drama with Amanda
 3:30PM-4:30PM

Movies
 1:00PM-3:30PM



14
Cooking
 9:30-11:00am
Arts with Ty
 11:30-1:00pm
Music with Ken C
 1:00PM-2:00PM
Gym Sports with Amanda
 1:00PM-2:30PM
Music with Stephan
 2:00PM-3:00PM

15
Work Shoppe @ FJ
 10:00-11:00AM
VON in Person Exercise
 11:00-12:00pm
Blue Sky Bingo
 12:00PM-3:30PM
Dinner & Board Games
 4:30-7:30PM

16
Baking
 9:30-11:00am
Gymtrix Drop-In
 9:30-11:00am
Music with Don & Don
 1:00-3:00pm
BINGO with BOB
 2:00-3:00PM

17
SMART Exercise with VON
 9:30-10:30am
Drop in Bowling
 2:00-3:30PM

18



19
Music with Lynn Blunt
 10AM-11AM



20
Art with Shannon
 9:30-11am




Karaoke
 1:00PM-3:30PM

21
Cooking
 9:30-11:00am
Ping Pong Challenge
 11:30AM-1:00PM
Music with Brian Risk
 1:00-2:00pm
Gym Sports with Amanda
 1:00PM-2:30PM
Drumming 2:00-3:00PM

22
Arts & Craft
 9:30-11:00am
VON in Person Exercise
 11:00-12:00pm
SPA
 1:00PM-3:30PM
Dinner & Board Games
 4:30-7:30PM

23
Baking
 9:30-11:00am
Gymtrix Drop-In
 9:30-11:00am
King Street Five
 1:00PM-3:00PM
BINGO with BOB
 2:00-3:00PM

24
SMART Exercise with VON
 9:30-10:30am
Drop in Bowling
 2:00-3:30PM



25

26

27
Northgate Shopping & Lunch
 11:00-3:30PM

Drama with Amanda
 3:30PM-4:30PM

28
Cooking
 9:30-11:00am
Music with Ken
 1:00-2:00pm
Gym Sports with Amanda
 1:00PM-2:30PM
Music with Stephan
 2:00PM-3:00PM

29
Work Shoppe @ FJ
 10:00-11:00AM
Hike @ Laurentian
 1:00PM-3:00PM
Dinner & Board Games
 4:30-7:30PM

30
Baking
 9:30-11:00am
Gymtrix Drop-In
 9:30-11:00am
Music with Sam Depatie
 1:00-3:00pm
BINGO with BOB
 2:00-3:00PM