

Activities Program Calendar: November 2022

Tuck Shop: Front Foyer
Tuesdays at 11:30am

Hair Dresser: B
Fridays (please sign up)

Exercise: (1/B)
Monday-Friday at 10:00am

Movie: (1)
Daily at 1:00pm

Legend: B = basement G = garden 1 = 1st floor main area V = Various areas

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|--|---|--|
|  LATVIJAS REPUBLIKAS PROKLAMĒŠANAS DIENA |  LEST WE Forget 11th NOVEMBER | 1 National Sports Fans Day 10:45 Latvian Sing-a-long -1 2:00 Reminiscing Group with Anita Gaide – 1 2:30 Sports Trivia - B 6:00 Hand Massages - 1 | 2 10:45 Program Planning for December - B 2:30 Hand Spa - 1 6:00 One to One Visits-1 | 3 10:40 Latvian Newspaper Reading & Discussion - B 2:30 Happy Hour – B 6:30 TV Game Shows - 1 | 4 11:00 Walking w/ Music - 1 2:30 Bingo - B 3:30 Panorama News - 1 6:30 Movie Night - 1 | 5 2:30 Music Therapy - 1 6:00 Wine, Juice & TV -1  |
| 6 10:45 Reading Club - B 2:30 Games Day: Cornhole toss - 1 6:00 TV Music Concert - 1 | 7 2:30 Fruit, Tea & Current Events - B 6:00 Bedside Activities – V  | 8 10:45 Latvian Sing-a-long -1 2:30 Brain Games -1 6:00 Hand Massages – 1  | 9 9:30 Outing: Walmart -O 10:45 Walking Club - 1 2:30 Remembrance Day Art-1 6:00 Montessori Program-1 | 10 10:40 Latvian Newspaper Reading & Discussion - B 2:30 Happy Hour – B 6:30 TV Game Shows – 1  | 11 Remembrance Day 9:30 Lowering the Flags 10:45 Remembrance Day Ceremony - 1 11:00 Moment of Silence-1 2:30 Remembrance Day Program - 1 6:30 Movie Night - 1 | 12 2:30 Latvian Proclamation Day Art Craft - 1 6:00 Wine, Juice & TV -1 |
| 13 10:45 Word of the Day: Learning Languages - 1 2:30 Puzzles & Games - 1 6:00 TV Music Concert - 1 | 14 2:30 Fruit, Tea & Current Events - B 6:00 Bedside Activities – V  | 15 10:45 Latvian Sing-a-long -1 2:00 Reminiscing Group with Anita Gaide – 1 2:30 Latvian Trivia! - B 6:00 Hand Massage - 1 | 16 10:45 Walking Club - 1 2:30 Hand Spa -1 6:00 One to One Visits-1  | 17 10:40 Latvian Newspaper Reading & Discussion - B 2:30 Happy Hour – B 6:30 TV Game Shows – 1  | 18 Latvia Proclamation Day! 9:30 Raising the Flags 10:30 Presentation by Dr. Baiba Zarins- 1 2:30 Keynote from Karina Kirss -1 2:40 Performance by Juris Kenins & Peter Zarins -1 | 19 2:30 Music Therapy - 1 6:00 Wine, Juice & TV -1  |
| 20 10:30 Church Service with Ilze Kuplenz - 1 2:30 Games Day: Bean Bag Toss - 1 6:00 TV Music Concert - 1 | 21 National Gingerbread Cookie Day! 2:30 Gingerbread Cookies, Tea & Current Events - B 6:00 Bedside Activities - V | 22 10:45 Pensioners Choir -1 2:30 Brain Games- 1 6:00 Hand Massages – 1 | 23 10:45 Walking Club - 1 2:00 Residents' Council Meeting - 1 6:00 Montessori Program-1 | 24 10:40 Latvian Newspaper Reading & Discussion - B 2:30 Happy Hour – B 6:30 TV Game Shows - 1 | 25 10:30 Church Service w/ Grietins - 1 2:30 November Birthday-B 3:30 Panorama News - 1 6:30 Movie Night - 1 | 26 10:30 Church Service with A&I Gaide - 1 2:30 KD Birthday Decorations - 1 6:00 Wine, Juice & TV- 1 |
| 27 10:45 Word of the Day: Learning Languages - 1 2:30 Puzzles & Games - 1 6:00 TV Music Concert - 1 | 28 Cider Day! 2:30 Fruit, Cider & Current Events - B 6:00 Bedside Activities – V  | 29 10:45 Latvian Sing-a-long -1 2:00 Reminiscing Group with Anita Gaide – 1 2:30 Winter Trivia- B 6:00 December Program Calendar Delivery - V | 30 10:45 Walking Club - 1 2:30 Afternoon Chat with Inese - 1 6:00 One to One Visits - V |  | | |

Walmart Outing:

You will have an opportunity to go to Walmart for some shopping. Sign up required and space is limited. Speak to a programs team member for more details! We can discuss if we can fit another trip to Walmart in November.

Q: What is "Word of the Day" learning languages?

A: this is a "resident choice program" from our November Planning meeting. Programs staff will choose a common word/sentence/phrase and you will learn to say that specific item in different languages.

We welcome everyone who moved to KD in October!



Ruth Smits
Daina Reinbergs



To Everyone in November!



Helen Berzins
Sellarasa Rajendram
Somawa Sivapragasam
Biruta Skujins
Hilda Antons
Aina Selga
Tatyana Weitzman



In memory of those we have lost...



Balva Kula Bredovskis
Velta Ligers
Ashken Yeremian
Valentina Brunins

May they rest in peace

Welcome November

New month, new chapter, new page and new wishes. May the month give you courage, strength, Confidence, patience, self-love & inner peace. May everyday in November fill your days with Hope, love, sunshine and energy. Let there be Joy, Fun and Laughter.



Latvia

PROCLAMATION DAY
NOVEMBER 18



Upcoming EVENTS

December Program Planning Meeting:
Wednesday, November 2nd at 10:45am – B

Happy Hour:
Every Thursday at 2:30pm – B

Wine, Juice & TV: (Residents Choice)
Every Saturday at 6:00pm – 1

OUTING to Walmart:
Wednesday, November 9th at 10:00am
(Sign up required, speak to programs staff)

Remembrance Day: Friday, November 11th
Lowering of the flags at 9:30am – Front entrance
Ceremony at 10:45am - 1
Moment of Silence at 11:00am - 1
Remembrance Day Program - 2:30pm - 1

Latvia Proclamation Day: Friday, November 18th 2022
Lowering of the Flags at 9:30am – Front entrance
Presentation by Dr. Baiba Zarins at 10:30am - 1
Keynotes from Karina at 2:30pm - 1
Musical Interlude by Peteris Zarins & Juris Kenins at 2:30pm - 1

Church Service with Ilze Kuplenz:
Sunday, November 20th at 10:00am - 1

Residents' Council Meeting:
Wednesday, November 23rd at 2:00pm-1

Church Service with A&I Gaide:
Saturday, November 26th at 10:00am- 1

Afternoon Chat with Inese:
Wednesday, November 30th at 2:30pm - 1

NOVEMBER Word Search

| | | | |
|--------------|-------------|-----------|-----------------|
| November | Windy | Voting | Thanksgiving |
| Pilgrims | Pumpkin Pie | Corn | Black Friday |
| Autumn | Harvest | Cranberry | Fall |
| Veterans Day | Feast | Stuffing | Native American |
| Leaves | Halloween | Mayflower | Turkey |

P B Q P I H V P L F B F E N O V E M B E R O A
Z R L U U L W O Q L V T N P M G W N T M Q P B
Z S C M A I I G G Z E M T B J L E A V E S I F
Q Z N P F S T U F F I N G W H N Z Z W S W L V
M G H K Q M U L M L X Y U T Q Q V S J Q D G T
K W R I N A T I V E A M E R I C A N T R A R Q
F H R N D R E W O L F Y A M B S I U W W S I X
F A F P R H B K Z W G V W I N D Y F N Y Q M V
B R Q I E F F X Q Q C Y E K R U T I Y K K S O
K V K E J C A S P F G G N I V I G S K N A H T
B E D B L A C K F R I D A Y Z K R I W W X Y I
Y S Q F E A S T N Q Q E V A B O X N G H S L N
B T J B H A L L O W E E N T H I F S I H F M G
Y Q J L C L I Q F Q F N R O C W Z R H L L A F
V E T E R A N S D A Y R R E B N A R C L H N K
V P K C S V A U T U M N Z U Z Q W P Y F E P E
B R Q I E F F X Q Q C Y E K R U T I Y K K S O
K V K E J C A S P F G G N I V I G S K N A H T