




November 2019

Balsam Bay 9C

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Questions? Contact: Kathy Martin, Recreation Programmer kmartin@nwood.ns.ca Tel: 902-454-3167					1 10:00 Visits	2
3	4 10:00 Reading	5 10:00 Exercise	6 Kathy off	7 2:00 Songs with Katelyn's 7:00 Mennonite Choir SBH	8 1:30 Movie In Rec of- fice	9
10 	11 2:00 Remem- brance Day Songs SBH	12 Kathy off	13 2:30 Kaye's On Unit	14 2:00 Bingo	15 2:00 Scenic Drive	16 2:00 Celtic Dancers
17	18 3:00 Visits	19 11:00 Out and About 6:30 Kathy's Songs	10:00 Exercise 2:30 Kaye's On Unit	21 2:00 Baking 1:30 Goody Cart	22 10:00 Christmas Craft	23
24	25	26 CC	27 6:30 Salvation Army Visits	28 2:00 Bingo	29 10:00 Christmas Craft	30

*****The events listed above are events where Kathy or a volunteer will be present. For other activities at Northwood please consult the Recreation Department's **FACILITY WIDE** calendar that is posted on the Resident Communication Board on the unit. Friends/Family are always welcome.*****