

# Pre-Christmas Vendor Sale at Rotary Villas

'Tis the season for Rotary Villas' Pre-Christmas Vendor Sale!

**Saturday, November 18  
1 p.m. - 3 p.m.**

Stop by the Multipurpose Room to check out the variety of vendors and get your Christmas shopping started (or completed) or treat yourself!



## Halloween at Rotary Villas



FUN



TREATS



LAUGHS



TRICKS



SPOOKY

HAPPY HALLOWEEN

# Reminders & Notices



Daylight Savings ends at 2 a.m. on Sunday, November 5! Don't forget to set your clock back one hour before you go to bed on Saturday!

It looks like the snow may be here to stay. Be extra cautious if you're walking outside. While the lawn crew does their best to stay on top of clearing the snow, it may be icy out there, especially in parking lots.

Keep a watch out for parking lot snow removal signs if you have a vehicle in the South parking lot.



# The Retirement Lifestyle You Deserve

November 2023

## A Note from the Wellness Department

I can't believe it's November! Where has this year gone?

Winter is here in all her glory and we all know less sunshine and light hours can get to us all in various degrees. The Wellness team works hard to have a well rounded and well thought out calendar to meet as many resident needs as possible. With a good variety of programs and events, we hope there is something for everyone. Keep the following points in mind when choosing the events you plan to attend.



### Health and Social Benefits of Recreation

- Recreation is Essential to Personal Health.
- Recreation is Key to Balanced Human Development.
- Recreation is Essential to Quality of Life.
- Recreation Reduces Self-Destructive and Anti-Social Behavior.
- Recreation Builds Strong Families and Healthy Communities.

### Recreation to Avoid Burnout

- Reduces mental fatigue.
- Lowers stress levels.
- Improves quality of sleep.
- Elevates mood.
- Reduces symptoms of anxiety and depression.
- Enhances memory.
- Improves problem solving skills.

Try to choose one or two programs a week, and you will be doing yourself a favour, physically, mentally, socially, intellectually, spiritually, and emotionally! See you soon!

Joyce Scantlebury



It's hard to believe that November is here and so is winter weather. The Leasing Department has cooled off a bit, and there are no new residents

joining us this month. I hope everyone stays safe, warm and healthy in the chilly months ahead.

**Tanis Low**  
Leasing Coordinator

A Remembrance Day service will be held at Rotary Villas on Friday, November 10, at 2 p.m. in the Dining Room.





## Join Us for Supper Club's Next Outing!

We're heading to Joey's Seafood Restaurant for supper on November 27. If you'd like to join, add your name to the sign up sheet on the Recreation Board.





# NOVEMBER 2023 RECREATION CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Brandon Embroiderers</b> will be here in the Library at 1:30 p.m. on <b>Wednesday:</b> November 1 &amp; 15</p>	<p><b>Lions TV Bingo</b> is every Wednesday at 3:00 p.m. Cards are sold at the the Front Desk for \$3 each.</p>	<p><b>GelMoment Nails</b> will be here 9:00 - 1:00 in the Library on <b>Wednesday:</b> November 8 &amp; 22</p>	<p><b>1</b> 9:30 Stretching - M 10:00 Coffee with Bev - C 12:00 50/50 Draw 2:00 Sit &amp; Be Fit - C 2:00 Wood Block Crafts - M 3:00 Hymn Sing - C</p>	<p><b>2</b> 9:30 Drumming to be Fit - M 10:00 Coffee with Tanis - C 2:00 Bingo - DR 2:00 Domino Snowman Craft - M 7:15 Floor Curling - M</p>	<p><b>3</b> 9:30 Stretching - M 10:00 Coffee with Jacquie - C 1:00-4:00 Massage Therapy - M 1:45 Sit &amp; Be Fit - C 2:30 Ice Cream Treat - DR</p>	<p><b>4</b> 10:00 Help Your Neighbour Card &amp; Dice Game - M 2:00 Music by The Usual Suspects - DR</p>
<p><b>5</b> 8:45 Church Shuttle - SB 2:00 Rotary Villas Book Club - L</p>	<p><b>6</b> 9:30 Chair Dancing - M 10:00 Coffee with Trish - C 1:30 Shuffleboard - BL 7:15 Word in a Word - C</p>	<p><b>7</b> 9:30 Tai Chi - M 10:00 Coffee with Jody - C 2:00 Town Hall - DR 3:30 Rotary Happy Hour Mocktails &amp; Snacks - B 7:30 Music by Dorothy &amp; Brian Granger - C</p>	<p><b>8</b> 9:30 Stretching - M 10:00 Piano by Judy Masters - C 12:00 50/50 Draw 2:00 Sit &amp; Be Fit - M 2:00 Fence Jewelry - PDR 3:00 Sing-a-long - C</p>	<p><b>9</b> 9:30 Drumming to be Fit - M 10:00 Coffee with Cory - C 2:00 Bingo - DR 3:00 Wii Bowling - M 7:15 Charades - C</p>	<p><b>10</b> 9:30 Stretching - M 10:00 Coffee with Jacquie - C 2:00 Remembrance Day Service - DR</p>	<p><b>11</b>  <b>REMEMBRANCE DAY</b> <i>Left We Forget</i></p>
<p><b>12</b> 8:45 Church Shuttle - SB 2:30 Worship &amp; Devotional Service - C 7:30 Youth Choir - C</p>	<p><b>13</b> 9:30 Chair Dancing - M 10:00 Coffee with Shradha - C 2:00 Shuffleboard - BL 7:15 Piano with Paige - C</p>	<p><b>14</b> 9:30 Tai Chi - M 10:00 Coffee with Jacquie - C 10:30 Garden Club - S 1:30 Deck the Halls - C 3:30 Rotary Happy Hour - B 7:15 Senior Paper Stories - C</p>	<p><b>15</b> 9:30 Stretching - M 10:00 Coffee with Bev - C 12:00 50/50 Draw 2:00 Sit &amp; Be Fit - M 3:00 Sing-a-long - C</p>	<p><b>16</b> 9:30 Drumming to Be Fit - M 10:00 Coffee with Tanis - C 1:30 Stamp Presentation - M 2:00 St. Matthew's Communion - PDR 2:00 Bingo - DR 7:30 Birthday Celebration &amp; Music by Long Shot - C</p>	<p><b>17</b> 9:30 Stretching - M 10:00 Coffee with Jacquie - C 1:30 Baking for Tomorrow's Sale - M 2:30 Ice Cream Treat - DR</p>	<p><b>18</b> 10:00-3:00 Pre-Christmas Vendor Sale - M</p>
<p><b>19</b> 8:45 Church Shuttle - SB 10:00 Prairie Therapy Dog Visit - C 2:00 Movie Matinee - M</p>	<p><b>20</b> 9:30 Chair Yoga - M 10:00 Coffee with Lisa - C 1:30 Shuffleboard - BL 7:15 Entertainment by The Tom Cats - C</p>	<p><b>21</b> 9:30 Tai Chi - M 10:00 Coffee with Jody - C 1:30 Lady of the Lake for Pie &amp; Coffee - SB 3:30 Rotary Happy Hour: Mocktails &amp; Snack- B 7:30 GGC Enrollment Ceremony - DR</p>	<p><b>22</b> 9:00 GelMoment Nails - L 9:30 Stretching - M 10:00 Coffee with Bev - C 12:00 50/50 Draw 2:00 Sit &amp; Be Fit - M 3:00 Sing-a-long - C</p>	<p><b>23</b> 9:30 Drumming to Be Fit - M 10:00 Coffee with Cory - C 2:00 Bingo - DR 2:00 Men's Coffee Club - M 3:00 Computer Jeopardy - M 7:15 Music by Garth &amp; Debbie Epp - C</p>	<p><b>24</b> 9:30 Stretching - M 10:00 Coffee with Jacquie - C 1:45 Sit &amp; Be Fit - C 2:30 Ice Cream - DR</p>	<p><b>25</b> 9:30 Project Humane Society - M 11:00 Lunch &amp; Gamble at Sandhills Casino - SB 2:00 Symphony - M</p>
<p><b>26</b> 8:45 Church Shuttle - SB 2:30 Worship &amp; Devotional Service - C</p>	<p><b>27</b> 9:30 Chair Yoga - M 10:00 Coffee with Shradha - C 2:00 Shuffleboard - BL 4:30 Supper Club (Joey's) - SB 7:15 Concert from the Past: Elvis Gospel - M</p>	<p><b>28</b> 9:30 Tai Chi - M 10:00 Coffee with Joyce - C 2:30 Meet &amp; Greet - DR 3:30 Rotary Happy Hour - B 7:00 Armchair Travel (Morocco) - M</p>	<p><b>29</b> 9:30 Stretching - M 10:00 Coffee with Bev - C 12:00 Chase the Ace 2:00 Sit &amp; Be Fit - M 3:00 Sing-a-long - C</p>	<p><b>30</b> 9:30 Drumming to be Fit - M 10:00 Coffee with Tanis - C 2:00 Bingo - DR 2:00 Men's Coffee Club - M 7:15 Trivia Night - C</p>	<p>Visit with Tiffany every Thursday at 1 p.m. in the Common Room!</p> 	<p>Smack the Jack ticket sales Fridays 1:30 - 2:30 p.m. by the mailboxes</p>

## November Birthdays

Larry Couling	Nov. 6
Art Lehnus	Nov. 6
Lise Warkentin	Nov. 11
Jo-Ann Kshymensky	Nov. 30
Kevin Power	Nov. 30

## November Anniversaries

## Shuttle Schedule

**Monday to Friday**  
8:15 a.m. - 4:15 p.m.  
**Sunday Church Shuttle**  
8:45 a.m. - 12:15 p.m.

## Locations

Common Room	C
Fitness Centre	FC
Front Lawn	FL
Multipurpose Room	M
Dining Room	DR
Private Dining Rm.	PDR
Solarium	S
Fireside Patio	FP
Library (2 <sup>nd</sup> Floor)	L
Workshop (2 <sup>nd</sup> floor)	W
Billiards Lounge	BL
Shuttle Bus	SB
Bar	B
Pergola	P

Calendar is subject to change.