



The call-out comes from: 782-201-3125

Call in to: **1-800-305-0494**

Trouble Connecting?

Call Alaina: 902-932-7124, ext. 0

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Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6 In Common 10:30-11:00
		Trivia 12:00-12:30	Alzheimer's Society-Diagnosis 1:30-2:30	
Movement & Meditation 4:30-5:00	No Programming	Birthday Celebration 4:30-5:00		
9	10 Remembrance Day Chat 10:30-11:00	11	12	13 Song Circle 10:30-11:00
	Lea 1:30-2:00		BINGO 1:30-2:30	
Movement & Meditation 4:30-5:00		No Programming		
16	17 Southwest 1 10:30-11:00	18	19	20 Games 10:30-11:00
	Lea 1:30-2:00	HRM 1 12:00-12:30	PIPN 1:30-2:30	
Movement & Meditation 4:30-5:00		Participant Contacts 4:30-5:00		
23	24 Southwest 1 10:30-11:00	25	26	27 Elizabeth's Christmas Story 10:30-11:00
	Lea 1:30-2:00	HRM 1 12:00-12:30	Erin Tilley - Estate Planning 1:30-2:30	
Movement & Meditation 4:30-5:00		Listen Together: Age, Reconsidered 4:30-5:15		

Program Descriptions



Regional Calls	
Week 3	The Great Debate - Tipping: Should tipping be replaced with higher wages and higher menu prices?
Week 4	Practical Life - Handmade Gifts: Ideas and tips for gifts you can make yourself, and how to get a head start before the holidays.

Provincial Calls	
Novel Tuesday: We'll read a couple of chapters from "Letters from the Country" by Marsha Boulton.	Birthday Celebration: We'll celebrate those having a birthday this month. A chance to get to know each other better.
Trivia: Three themed rounds of fast-paced trivia: Movember and Moustaches, Famous November, and Hibernation Station.	Alzheimer's Society - Diagnosis: The experts are going to tell us the symptoms to look out for.
In Common: A look at the small, cozy moments that fall brings.	Remembrance Day Chat: This will be an open conversation. Feel free to bring any stories, letters, or memories you would like to share.
Bingo: Keep that BINGO card! If you win 5 games, you get a gift certificate in the mail!	Song Circle: Bring your voice or an instrument and we'll share our favourite tunes.
Participant Contacts: A chance to share and collect other participant contacts. This is optional and at your own discretion.	PIPNI: A support group for those living with chronic pain.
Games - Guess the Decade: Try and guess the decade before the clues run out!	Listen Together - Age, Reconsidered: Episode 2. An NS-based program exploring new perspectives on growing older.
Erin Tilley, IG Wealth - Estate Planning: You don't have to be wealthy to plan your estate. Erin will answer all your questions about wills, taxes, probate, etc.	Elizabeth M. - Christmas Story: Elizabeth will share with us her annual Christmas story - an essay on remembering Christmases of yore.