



NOVEMBER 2008



SUNDAY








MONDAY

TUESDAY

WEDNESDAY THURSDAY

FRIDAY

SATURDAY

						1
2	3 9:00 VON SMART Exercises	4  2:00 Manicures & Facials \$2 NEW PRODUCTS!	5 10:30 Bible Study	6	7	8
9	10  9:00 VON SMART Exercises 2:00 FOOT SPA! Call to sign up! \$3	11 REMEMBRANCE DAY 10-3 Fall Walking Tour & Lunch Out in Goderich \$15 each	12 10:30 Bible Study	13	14 10:00 Rise & Shine Manor Lounge \$2 (Tim Horton Donuts 	15 
16	17 9:00 VON SMART Exercises 2:00 BINGO \$2	18 12:00 CHINESE LUNCH! \$8 PLEASE PAY BY NOVEMBER 14 TH 	19 10:30 Bible Study 10:30 Thames River Coffee Hour Guest Speaker: Glen Childerley	20	21 	22
23 30	24 10:30 Manor Coffee Hour 9:00 VON SMART Exercises	25	26 10:30 Bible Study	27 2:00pm Christmas Decorating in the Manor Lounge ALL WELCOME Cider & Cookies \$1 	28	29

FOR MORE INFORMATION CALL ERICA AT 348-9765

See reverse for details of programs

ALL SENIORS IN MITCHELL & AREA ARE WELCOME!