

# CFS Elders Group

## November 2022 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Funded by the Government of Canada's New Horizons for Seniors Program</p> 		1  Medicine Pouch craft 9:30-12:00	2  CFS Elders Meeting 9:30-10:30  Kidney Care with CFS Nurse Practitioner 10:30-11:30	3	4	5  
	6  	7  Bean Soup to Prepare at Home 9:30-11:30	8  Drop in craft time 9:30-12:00  (Jackie Not in)	9  Cell Phone use with CFS Youth Program 10:00-11:30am  (Jackie not in)	10	11  Remembrance Day Office Closed
13	14  Drop in Social Time 10:00-12:00	15  Apron Making For program use 9:00-2:00	16  CFS Elders Meeting 9:30-10:30	17	18	19
20	21  Drop In Social Time 10:00-12:00	22  Organize and Price all CFS Elder crafts for upcoming craft sale 9:30-12:00	23  Making Apple Pie for CFS Elder Fundraiser 9:00:-3:00 (tentative) @ Tamarack Amenity	24  	25	26  
27  	28  CFS Pension Breakfast 8:30-10:00	29  Centre Piece craft for Xmas luncheon 9:30-1:00	30  CFS Elders Meeting 9:30-10:30	CFS Elders Group Calendar For more information, contact: Jackie Smithers, Elders Coordinator PH: 250-378-5107 OPEN TO ELDERS 55 AND OVER!!		