



# November 2023 – Falls prevention month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Christmas Bazaar &amp; Bake Sale is Sunday, December 3<sup>rd</sup>. Cash donations or <b><u>NEW items</u></b> for the penny table would be appreciated and can be dropped off anytime.</p>			1 Diners' Club	2 Diners' club – noon roast pork	3 Memorial Celebration Panakhyda @ St Mary's	4 <b>9am coffee – tenants' lounge</b> <i>daylight savings time– before going to bed turn your clock back one hour</i>
5	6 <b>potato prep</b>	7 <b>pyrohy workshop</b>	8 Diners' Club	9 Diners' club – noon oven roasted chicken	10 Diners' Club	11 <b>9am coffee – tenants' lounge</b>  <b>Remembrance Day</b> 
12	13 <b>potato prep</b>	14 <b>pyrohy workshop</b>	15 Diners' Club	16 Diners' club – noon meat loaf	17 Diners' Club	18 <b>9am coffee – tenants' lounge</b>
19	20 <b>potato prep</b>	21 <b>pyrohy workshop</b>	22 Diners' Club	23 Diners' club – noon spaghetti with meat sauce	24 Diners' Club	25 <b>9am coffee – tenants' lounge</b>
26 <b>Holodmor Commemoration</b>	27 <b>potato prep</b>	28 <b>pyrohy workshop</b>	29 Diners' Club  <b>birthdays</b> 	30 Diners' club – noon pork cutlet		