

Sunday

Monday

Tuesday

Wednesday

Thursday


Friday


Saturday

# October 2021


October Babies: 2<sup>nd</sup>-Elaine.T., 3<sup>rd</sup>- Lou.V., 8<sup>th</sup>-Iris.H., 19<sup>th</sup>-Betty.M



9:30am-Walking Club- **4**  
10:15 Fitness UD  
10:45 Cranium Crunches UD  
2:00 Win a **Loonie** Bingo UD  
  
6:30pm- Baking with Wendy-  
**CR**

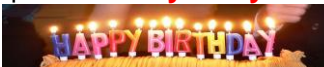
**10** 10:15 Fitness UD  
10:45 Cranium Crunches UD  
2:00 Win a **Prize** Bingo UD  
  
6:30pm- Baking with Wendy-  
**CR**  
Columbus Day (US)  
Indigenous Peoples' Day  
Thanksgiving (Canada)

10am-**Art Class**-**CR** **18**  
10:15 Fitness UD  
10:45 Cranium Crunches UD  
2:00 **Bring a quarter** Bingo UD  
6:30pm- Baking with Wendy-  
**CR**

10:15 Fitness UD **25**  
10:45 Cranium Crunches UD  
2:00 **Bring \$2 to Bingo** UD  
  
6:30pm- Baking with Wendy-  
**CR**

**5** 9:30am-Traveling Manicures  
**All Floors**  
10:15 Fitness UD  
10:45-Cranium Crunches UD  
2pm Arm Chair Travels to  
**Denmark** and social tea! UD

**12** 9:30am- Walking Club-All  
Floors  
**10am**-Fitness- UD  
10:30- Catholic Mass- UD  
2pm- Hang Man & social  
tea- UD

9:30am-Walking Club **19**  
**All Floors**  
10:15 Fitness UD  
10:45-Cranium Crunches UD  
2pm- **Birthday Party** UD  


9:30am-Traveling **26**  
Manicures **All Floors**  
**10am** Fitness UD  
10:30 Catholic Mass UD  
1:30pm- Friendly Visits-**AF**  
2pm-Resident Council &  
Food Committee UD

**6** 9:30am-Walking Club-  
**Meet at Upper Nursing**  
10:15 Fitness UD  
10:45 Coffee & Caring  
2:00-Bocce Ball & Happy  
Hour- UD

9:15am-Traveling tuck Cart**13**  
Upper & Lower  
10:15 Fitness UD  
10:45 Coffee and Caring UD  
**12pm-Lunch Bunch-Sign**  
**up required**-**CR**  
2:00 Floor Curling & Happy  
Hour- UD


9:30am-Walking Club**20**  
**Meet at Upper Nursing**  
10:15 Fitness UD  
10:45 Coffee & Caring  
2:00-Bocce Ball &  
Happy Hour- UD

9:15am-Traveling tuck Car**27**  
Upper & Lower  
10:15 Fitness UD  
10:45 Coffee and Caring UD  
**12pm-Lunch Bunch- Sign**  
**up required** -**CR**  
2:00 Floor Curling & Happy  
Hour- UD

**7** 1015am-Fitness- UD  
10:45-Cranium Crunches-  
UD  
2:00 Entertainment-**Wayne**  
**Smith** UD  
6:15pm- Baking with Kim-  
**CR**

1015am-Fitness- UD **14**  
10:45-Cranium Crunches-  
UD  
2:00 Entertainment- **Barry**  
**Hamilton** UD  
6:15pm- Movie & popcorn-  
UD

1015am-Fitness- UD **21**  
10:45-Cranium Crunches-  
UD  
2:00 -- **United Church**  
**Service & social tea-** UD  
6:15pm- Baking with Kim-  
**CR**



1015am-Fitness- UD **28**  
10:45-Cranium Crunches-UD  
2:00 Entertainment- **The**  
**Islanders** UD  
  
6:15pm- Happy Hour-**CR**


9:30am-Walking Club- Meet**8**  
at Upper&Lower Nursing  
station  
10:15 Fitness UD  
10:45-Cranium Crunches UD  
2pm- **Wine and Cheese**  
**Social** UD


9:30am-Walking Club- Meet **15**  
**at Upper & Lower Nursing**  
**Station**  
10:15 Fitness UD  
10:45-Cranium Crunches UD  
2pm- **Traveling Tim**  
**Hortons Cart! All floors**


9:30am-Walking Club- **22**  
**Meet at Upper&Lower**  
**Nursing station**  
10:15 Fitness UD  
10:45-Cranium Crunches UD  
2pm-Penny Auction-UD  
**SOLD!**

9:30am-Walking Club- Me**29**  
at Upper&Lower Nursing  
station  
10:15 Fitness UD  
10:45-Cranium Crunches UD  
2pm- **Halloween Party**-UD

10am Craft Corner **CR 9**  
  
1:30pm **Fall Leaf Bus**  
**Trip-Sign up required**  


10am Craft Corner **CR** **16**  
1:30pm Lets carve  
pumpkins! **CR**  


10am Craft Corner **CR** **23**  
  
1:30pm Card Bingo!-  
UD

10am Craft Corner **CR** **30**  
  
1:30pm Spooky Games  
UD

"The moon has awoken with the sleep of the sun,  
the light has been broken; the spell has begun."

