

# October 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1 <i>World Vegetarian Day!</i></b>  9:30- Exercise Class with Cindy 2:00- Vegetarian Snack Social	<b>2</b>  9:30- Exercise Class with Cindy 1:00- Advanced Care Planning Webinar 1:30- Grace United Church 6:30- Bingo	<b>3</b> 9:30- Exercise Class with Cindy 10:30- Music with David Latham 2:00- Movement for Life 6:30 - Shuffleboard	<b>4 <i>World Taco Day!</i></b> <i>Happy Birthday Marilyn!</i>  10:00- Making Tacos 12:00- Lunch Club 6:30- Games Night	<b>5</b> <i>Happy Birthday Robert!</i>  10:30- Manicures 2:00- Bingo 3:30- keep it Up
	<b>6</b> 10:30- Baking 2:00- Baked Goods and Games 3:30- Sensory Smell Game	<b>7</b> 10:30- Friendly Visits with Muriel 1:00- karaoke 6:30- Cards	<b>8</b> 9:30- Exercise Class with Cindy 10:30- Music with Brian and Gloria <b>2:00- Pumpkin Carving</b> 6:30- Yahtzee	<b>9</b> 9:30- Exercise Class with Cindy 10:30- Music Therapy 1:30- First Baptist Church 2:00- Bowling 6:30- Bingo	<b>10 <i>World Mental Health Day!</i></b> 9:30- Exercise Class with Cindy 10:30- Pumpkin Carving 2:00- Movement for Life 6:30-Guided Meditation	<b>11</b> 10:30- Trivia 1:30- Mindful Meditation 3:00- Decorating for Halloween
<b>13</b> 10:30- What's in the news 2:30- Hand Massages 3:30- Sensory Smell Game	<b>14 <i>Thanksgiving Day!</i></b> 10:30- Friendly Visits with Muriel 2:00- What are you thankful for? 6:30- Cards	<b>15</b> 9:30- Exercise Class with Cindy 2:00- Resident Council 6:30- Backgammon	<b>16</b> 9:30- Exercise Class with Cindy 2:00- Air Hockey 6:30- Bingo	<b>17</b> 9:30- Exercise Class with Cindy <b>10:30- Pumpkin Spice Lattes!</b> 2:00- Movement for Life 6:30- Woodworking	<b>18</b> 10:30- Montessori 2:00- Trivia 6:30- Campfire/Movie Night	<b>19</b> 10:30- Crafts 2:00 Bingo 3:30- Target Shoot
<b>20</b> 10:30- Baking 2:00- Games 3:30- Sensory Hand Massages	<b>21</b> 10:30- Friendly Visits with Muriel 1:00- Pet Therapy 5:00- Scarecrow Invasion Bus Tour (will have early supper)	<b>22</b> 9:30- Exercise Class with Cindy 2:00- Bowling 6:30- Fall Crafts	<b>23</b> 9:30- Exercise Class with Cindy 1:30- Mindful Moments and Meditation 6:30- Bingo	<b>24</b> 9:30- Exercise class with Cindy 10:30- Friendly Visits with Muriel 2:00- Movement for Life 6:30- Hangman	<b>25</b> 10:30- Sparkling Specs 2:00- Drum-fit	<b>26 <i>Howl at the Moon Day!</i></b>  10:30- Baking 2:00- Games and Baked Goods 3:00- Sensory Hand Massages
<b>27 <i>Happy Birthday Cathy!</i></b>  10:30- Sensory Light Therapy 2:30- Ladder-ball 3:30- Writing Letters to Loved Ones	<b>28 <i>Happy Birthday Joanna and Margie!</i></b>  10:45- Anglican Church 1:00- Pet Therapy 3:30- Montessori 6:30- Riddles	<b>29</b> 9:30- Exercise Class with Cindy 10:30- Target Shoot 2:00- Manicures 3:30- Montessori	<b>30</b> 9:30- Exercise Class with Cindy 2:00- Halloween Party with Rick Groves 6:30- Bingo	<b>31</b> 9:30- Exercise Class with Cindy 10:30- Music with David <b>2:00- Halloween Party with James S</b> 2:30- Costume Stroll 6:30- Trick or Treat on Bruce Street!		

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