



INSPIRED SENIOR LIVING

October 2023 Gardenside



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>10:00 Catholic Mass on TV 1</p> <p>10:30 Piano with Thelma</p> <p>2:00 International Coffee & Cookie Taste Testing</p> <p>3:30 1:1 In Room Plant Care Visits</p>	<p>9:30 1 on 1 Mobility Program 2</p> <p>10:00 Chair Exercises</p> <p>2:00 Active Aging - Fashion Show</p> <p>3:30 Active Aging - Avocado Smoothie Drink Social</p>	<p>10:00 Chair Exercise 3</p> <p>10:30 Active Aging- Reading on Healthy Diet</p> <p>10:45 Java Music Club with Mona</p> <p>2:00 Shake Loose Memories</p> <p>3:00 1 on 1 visits with Mona</p> <p>4:00 Let's Play Cornhole!</p> <p>6:30 Evening Manicures</p>	<p>10:00 Gentle Exercises 4</p> <p>11:00 Active Aging Noggin Games</p> <p>2:00 Bingo</p> <p>2:00 1 on 1 visits with Life Enrichment Staff</p> <p>3:30 Active Aging - Short Stories & Riddles</p>	<p>10:30 Active Aging - Creative Corner with Special friends 5</p> <p>2:00 Busy Bakers - Pumpkin Theme!</p> <p>3:30 Discussion: What I'm Thankful For</p>	<p>9:45 Music Therapy Session 1 with Lorri 6</p> <p>10:45 Music Therapy Session 2 with Lorri</p> <p>11:00 Reading The Daily Chronicles</p> <p>2:00 Active Aging- No Bake Energy Bites</p> <p>3:30 1 on 1 visits</p>	<p>10:00 Piano Music with Mabon 7</p> <p>11:00 Morning Word Games</p> <p>1:30 Horseshoes in the Round</p>		
<p>10:00 Catholic Mass on TV 8</p> <p>10:30 Piano with Thelma</p> <p>11:00 Gentle Exercises</p> <p>3:30 Shake Loose Memories Game</p>	<p>9:30 1 on 1 Mobility Program 9</p> <p>2:00 Java Music Club with Mona</p> <p>3:30 1 on 1 visits with Mona</p>	<p>10:00 Musical Ball Game 10</p> <p>11:00 Finish the Lines</p> <p>2:00 Hot Chocolate Social</p> <p>4:00 Short Story Time - Fall Theme</p> <p>6:30 Evening Manicures</p>	<p>10:00 Resident Autumn Photo Fun! Dress Autumn Colors 11</p> <p>11:00 Word Games</p> <p>2:00 Bingo</p> <p>2:00 1 on 1 visits with Life Enrichment Staff</p> <p>3:30 Lets Play Petenque!</p>	<p>10:00 Balloon Badminton 12</p> <p>10:30 Brain Games</p> <p>2:00 All About Apples - Tasting Included!!</p> <p>3:30 Penny Ante</p>	<p>9:45 Music Therapy Session 1 with Lorri 13</p> <p>10:45 Music Therapy Session 2 with Lorri</p> <p>11:00 Reading The Daily Chronicles</p> <p>2:00 Oktoberfest Party with Live music by Peter Paulus - Dress for the occasion!</p>	<p>10:00 Piano Music with Mabon 14</p> <p>11:00 October Fun Quiz</p> <p>2:30 Happy Hour & Halloween Munchies (Non-Alcoholic)</p>		
<p>10:00 Catholic Mass on TV 15</p> <p>10:30 Piano with Thelma</p> <p>11:00 Ring Toss</p> <p>2:30 Sunday Sing A Long</p>	<p>9:30 1 on 1 Mobility Program 16</p> <p>10:00 Balloon Badminton</p> <p>2:30 Artfull Enrichment</p> <p>3:30 Hot Apple Cider Social</p>	<p>10:00 Pumpkin Painting 17</p> <p>2:00 Gentle Exercises</p> <p>3:00 Garden Group Gathers - Spring Bulb Planting Time!</p> <p>3:30 1:1 In Room Plant Care Visits</p> <p>6:30 Evening Manicures</p>	<p>10:00 Gentle Exercises 18</p> <p>11:00 Morning Word Games</p> <p>2:00 Bingo</p> <p>2:00 1 on 1 visits with Life Enrichment Staff</p> <p>3:30 Helping Hands</p>	<p>10:00 Chair Yoga 19</p> <p>10:30 1 on 1 visits with Mona</p> <p>10:30 Fifty over Fifty Quiz</p> <p>2:30 Fresh Fruit Social</p> <p>3:30 Autumn Craft</p>	<p>9:45 Music Therapy Session 1 with Lorri 20</p> <p>10:45 Music Therapy Session 2 with Lorri</p> <p>11:00 Reading The Daily Chronicles</p> <p>2:30 Bon Bon Baking Club</p> <p>3:30 Carpet Bowling</p>	<p>10:00 Piano Music with Mabon 21</p> <p>11:00 Never Have I Ever Game</p> <p>2:00 Let's Play Bocce</p> <p>3:30 Almond Roca Warm Drink Social</p>		
<p>10:00 Catholic Mass on TV 22</p> <p>10:30 Piano with Thelma</p> <p>11:00 Horseshoes in the Round</p> <p>2:15 1 on 1 visits with Mona</p>	<p>10:00 Witches Hat Ring Toss Game 23</p> <p>11:00 Mischief, Magic, Mayhem Trivia</p> <p>3:30 Penny Ante Group Game</p>	<p>10:00 Sit and be Fit 24</p> <p>10:30 Helping Hands</p> <p>2:00 Birthday & Welcome Tea</p> <p>6:30 Evening Manicures</p>	<p>10:00 Roll-O-Trump 25</p> <p>11:00 Morning Word Games</p> <p>2:00 Bingo</p> <p>2:00 1 on 1 visits with Life Enrichment Staff</p> <p>3:30 Artfull Enrichment</p>	<p>10:00 Chair Exercises 26</p> <p>11:00 Let's Play Dominoes</p> <p>2:30 October Carnival Festival</p>	<p>9:45 Music Therapy Session 1 with Lorri 27</p> <p>10:45 Music Therapy Session 2 with Lorri</p> <p>11:00 Ring Toss Game</p> <p>2:00 Scenic Drive</p>	<p>10:00 Piano Music with Mabon 28</p> <p>11:00 Balloon Badminton</p> <p>2:30 Pumpkin Decorating</p> <p>4:00 Let's get ready for Halloween!</p>		
<p>10:00 Catholic Mass on TV 29</p> <p>10:30 Piano with Thelma</p> <p>2:30 Ghost Stories and Delights</p>	<p>10:00 Witches Hat Ring Toss Game 30</p> <p>11:00 Haunted Houses In Canada</p> <p>2:30 Halloween Food Creations: Dracula's Dentures</p> <p>3:30 1 On 1 visits</p>	<p>10:00 Chair Exercises 31</p> <p>11:00 Halloween Discussions</p> <p>3:00 Happy Halloween Social</p> <p>6:30 Evening Manicures</p>						
								