



INSPIRED SENIOR LIVING

# October 2023

## Orchard Manor



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p><b>National Seniors Day</b> Happy Birthday Sharon C! 9:00 Go 4 Life Walking club (OM) 10:00 Piano Music with Beryl and Serving Hot Apple Cider (OMLR) 10:45 Giant Crossword Puzzle (ORC) 1:00 Central Okanagan United Church Service (LO) 1:00 Sunday Sundae Cart! (ORC) 3:30 Java Music Club * Ft Wine Spritzers to Celebrate National Seniors Day! (ORC)</p>	<p><b>2</b></p> <p>8:30 Morning visits! (OMLR) 10:30 Catholic Communion Service- Everyone Welcome (T) 1:00 Outdoor walks in the sunshine! (ORC) 1:30 Drumfit with Heather at Hawthorn Park (O) 2:00 Afternoon Tea and "Answer This" Trivia (OM) 3:00 Active Games (OMLR) 5:30 Pet Visits with Disney the Dog! (OM)</p>	<p><b>3</b></p> <p>9:30 Go4Life Walking Club! (OM) 10:00 Scenic Drive (MEE) 10:00 Morning Movie (OMLR) 1:00 Artful Enrichment- Guided Art Class with Laura (LO) 2:00 Dog Therapy with Jen and Cooper! (LO) 3:30 Snack and Chat! (OM)</p>	<p><b>4</b></p> <p>9:30 Dog Therapy with Dawn and Angel (OM) 10:00 Music Bingo! (OMLR) 1:00 Afternoon Visits and walks (OMLR) 1:30 Exercise and Energize (ORC) 2:30 Brain Games (C) 3:00 Movie Matinee (OM) 5:00 Bar Cart with Heather! (OM)</p>	<p><b>5</b></p> <p>9:15 Brain Games- Trivia and more (OM) 10:00 One on One Visits (OMLR) 11:00 Ball Therapy! (OMLR) 1:30 Giant Crossword Puzzle (ORC) 3:00 Entertainment with Play it Again! (OMLR)</p>	<p><b>6</b></p> <p>9:30 Live Concert on the Television (OMLR) 10:30 Table Top Activities: Colouring (OMLR) 3:00 Movie Matinee (OM) 4:00 Bar Cart Before Dinner! (ORC)</p>	<p><b>7</b></p> <p>9:00 Morning Movie (OMLR) 1:30 Table Top Activities: Dominos (OM) 3:00 Picture Bingo (ORC) 4:00 Armchair Travel! (OM)</p>
<p><b>8</b></p> <p>9:00 Go 4 Life Walking club (OM) 10:00 Piano Music with Beryl (OMLR) 10:45 Word Games &amp; Trivia (OM) 2:30 Sing-a-long in Hawthorn Park (OM) 3:30 Java Music Club (ORC)</p>	<p><b>9</b></p> <p><b>Happy Thanksgiving</b> 10:30 One on One visits! (OMLR) 10:30 Catholic Communion Service- Everyone Welcome (T) 11:00 Balloon Badminton (OMLR) 1:00 Afternoon Movie Matinee (OMLR) 1:30 Drumfit with Heather at Hawthorn Park (O) 2:00 Afternoon Tea and "Answer This" Trivia (OM) 5:30 Pet Visits with Disney the Dog! (OM)</p>	<p><b>10</b></p> <p>9:30 Go4Life Walking Club! (OM) 10:00 Scenic Drive through the Apple Orchards! (MEE) 2:00 Dog Therapy with Jen and Cooper! (LO) 2:00 Let's get Baking! *Baking Apple Muffins (ORC) 3:00 Artful Enrichment- Guided Art (LO) 3:30 Snack and Chat! (OM)</p>	<p><b>11</b></p> <p>9:30 Dog Therapy with Dawn and Angel (OM) 10:00 Music Bingo! (OMLR) 1:00 Afternoon Visits and walks (OMLR) 1:30 Exercise and Energize (ORC) 2:30 Brain Games (C) 3:00 Movie Matinee (OM) 5:00 Bar Cart with Heather! (OM)</p>	<p><b>12</b></p> <p>9:15 Brain Games- Trivia and more (OM) 10:00 One on One Visits (OMLR) 10:30 Sing a long (ORC) 11:00 Ball Therapy! (OMLR) 1:30 Giant Crossword Puzzle (ORC) 3:00 Entertainment with Rolland! (OM)</p>	<p><b>13</b></p> <p>9:15 Fit Minds Friday! *World Flags* (OM) 9:45 Beach Ball Toss! (OMLR) 10:30 Table Top Activities: Colouring (OMLR) 11:00 Fun Fitness Friday (OMLR) 3:30 Scattegories! (ORC)</p>	<p><b>14</b></p> <p>National Dessert Day! (LO) 9:00 Morning Movie (OMLR) 1:30 Table Top Activities: Yahtzee (OM) 3:00 Picture Bingo (ORC) 4:00 Armchair Travel! (OM)</p>
<p><b>15</b></p> <p>9:00 Go 4 Life Walking club (OM) 10:00 Piano Music with Beryl (OMLR) 10:45 Giant Crossword Puzzle (ORC) 1:00 Sunday Sundae Cart! (ORC) 2:00 Sunday Sing-a-long! (OM) 3:30 Java Music Club (ORC)</p>	<p><b>16</b></p> <p>9:45 Balloon Badminton (OMLR) 10:15 One on One visits! (OMLR) 10:30 Catholic Communion Service- Everyone Welcome (T) 11:00 Scenic Drive through the Apple Orchards and Picnic Lunch! (MEE) 1:00 Yahtzee Game (LO) 1:30 Drumfit with Heather at Hawthorn Park (O) 2:00 Afternoon Tea and October Trivia! (OM) 3:00 Active Games (OMLR) 5:30 Pet Visits with Disney the Dog! (OM)</p>	<p><b>17</b></p> <p>Happy Birthday Margaret B! 9:30 Go4Life Walking Club! (OM) 10:00 Scenic Drive with Hot Chocolate and Cookies! (MEE) 1:00 Krafts with Laura! LLL* Painting and Coloring Apple Art! (OMLR) 2:00 Dog Therapy with Jen and Cooper! (LO) 2:00 Balloon Badminton (OMLR) 3:30 Snack and Chat! (OM)</p>	<p><b>18</b></p> <p>9:30 Dog Therapy with Dawn and Angel (OM) 10:00 Music Bingo! (OMLR) 10:00 Tymely Mobile Fashions- Pop up shopping boutique 10:00-2:00 (LO) 1:00 Afternoon Visits and walks (OMLR) 1:30 Exercise and Energize (ORC) 2:30 Brain Games (C) 3:00 Movie Matinee (OM) 5:00 Bar Cart with Heather! (OM)</p>	<p><b>19</b></p> <p>9:15 Brain Games- Trivia and more (OM) 10:00 One on One Visits (OMLR) 11:00 Ball Therapy! (OMLR) 1:30 Giant Crossword Puzzle (ORC) 3:00 Sing Along With Ria Falkner (OMLR)</p>	<p><b>20</b></p> <p>9:15 Fit Minds Friday! *Shadow Matching* (OM) 9:45 Beach Ball Toss! (OMLR) 10:30 Table Top Activities: Colouring (OMLR) 11:00 Fun Fitness Friday (OMLR) 3:30 Scattegories! (ORC)</p>	<p><b>21</b></p> <p>9:00 Morning Movie (OMLR) 1:30 Table Top Activities: Flower Arranging (OM) 3:00 Picture Bingo (ORC) 4:00 Armchair Travel! (OM)</p>





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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 Go 4 Life Walking club (OM) <b>22</b></p> <p>10:00 Piano Music with Beryl (OMLR)</p> <p>10:45 Giant Crossword Puzzle (ORC)</p> <p>1:00 Let's get Baking! LLL* Baking Apple Cake (ORC)</p> <p>3:30 Java Music Club (ORC)</p>	<p>9:45 Morning Exercises and Stretches (OM) <b>23</b></p> <p>10:30 One on One visits! (OMLR)</p> <p>10:30 Catholic Communion Service- Everyone Welcome (T)</p> <p>11:00 Lunch Outing to Smitties! (OM)</p> <p>1:30 Drumfit with Heather at Hawthorn Park (O)</p> <p>2:00 Afternoon Tea and Trivia (OM)</p> <p>3:00 Active Games (OMLR)</p> <p>5:30 Pet Visits with Disney the Dog! (OM)</p>	<p>Happy Birthday Ellen M! <b>24</b></p> <p>9:30 Go4Life Walking Club! (OM)</p> <p>10:00 Scenic Drive (MEE)</p> <p>1:00 Crafty Afternoon * Painting and Carving Pumpkins (O)</p> <p>2:00 Dog Therapy with Jen and Cooper! (LO)</p> <p>2:00 Feel good News and Stories (OMLR)</p> <p>3:30 Snack and Chat! (OM)</p>	<p>9:30 Dog Therapy with Dawn and Angel (OM) <b>25</b></p> <p>10:00 Music Bingo! (OMLR)</p> <p>1:00 Afternoon Visits and walks (OMLR)</p> <p>1:30 Entertainment with Vic &amp; Carol (OMLR)</p> <p>1:30 Exercise and Energize (ORC)</p> <p>2:30 Brain Games (C)</p> <p>3:00 Movie Matinee (OM)</p> <p>5:00 Bar Cart with Heather! (OM)</p>	<p>9:15 Brain Games- Trivia and more (OM) <b>26</b></p> <p>10:00 One on One Visits (OMLR)</p> <p>10:30 Sing a long (ORC)</p> <p>11:00 Ball Therapy! (OMLR)</p> <p>1:30 Giant Crossword Puzzle (ORC)</p>	<p>National Smile Day! <b>27</b></p> <p>Happy Birthday Freda D!</p> <p>9:15 Fit Minds *Breakfast Scramble* (OM)</p> <p>9:45 Beach Ball Toss! (OMLR)</p> <p>10:30 Table Top Activities: Colouring (OMLR)</p> <p>11:00 Fun Fitness Friday (OMLR)</p> <p>3:30 Scattegories! (ORC)</p>	<p>9:00 Morning Movie (OMLR) <b>28</b></p> <p>3:00 Picture Bingo (ORC)</p> <p>4:00 Armchair Travel! (OM)</p> <p>5:00 Table Top Activities: Photo Reminiscing (OM)</p>
<p>9:00 Go 4 Life Walking club (OM) <b>29</b></p> <p>10:00 Piano Music with Beryl (OMLR)</p> <p>10:45 Giant Crossword Puzzle (ORC)</p> <p>11:30 Pizza Luncheon! *Sign up with Laura (LO)</p> <p>1:00 Sunday Sundae Cart! (ORC)</p> <p>2:00 Balloon Toss Game (OMLR)</p> <p>3:30 Java Music Club (ORC)</p>	<p>9:45 Morning Visits (OM) <b>30</b></p> <p>10:30 Catholic Communion Service- Everyone Welcome (T)</p> <p>10:30 Don-O-Ray's Farm Outing and Picnic Lunch! (OM)</p> <p>1:00 Guess that Tune! (OM)</p> <p>1:30 Drumfit with Heather at Hawthorn Park (O)</p> <p>2:00 Afternoon Tea and Trivia (OM)</p> <p>3:00 Active Games (OMLR)</p> <p>5:30 Pet Visits with Disney the Dog! (OM)</p>	<p>Happy Halloween! Wear your Costume! <b>31</b></p> <p>9:30 Go4Life Walking Club! (OM)</p> <p>10:30 Music Therapy with Ria (OM)</p> <p>1:00 Halloween Themed Bingo Game! (ORC)</p> <p>2:00 Dog Therapy with Jen and Cooper! (LO)</p> <p>3:00 Halloween Party with Ria! *Prize for the best costume! (OML)</p>	 <p>MONDAY OCT 9</p>		 <p>TUESDAY OCT 31</p> <p>Halloween</p>	

Be Grateful

### Locations Legend

- Orchard Manor (OM)
- Orchard Manor Living Room (OMLR)
- Orchard Manor Activity Room (ORC)
- Lounge (LO)
- Oakroom (O)
- Theatre (T)
- Meet by bus (MEE)
- Courtyard (C)
- Orchard Manor Lobby (OML)

### Calendar Legend

- Outing
- Special Program
- Living, Loving, Local
- Signature Program