

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Active Aging Week 1 10:00 ☀️ Yoga for Seniors-Video [DR] 11:00 🛒 Carda Creations- Fashions for Seniors [DR] 2:00 🧶 Knit, Stitch and Visit [CRM] 2:00 🧠 Scavenger Hunt [DR] 6:45 🧠 Rummy [CRM]	Active Aging Week 2 10:00 🧘 Modified OsteoFit Exercises [DR] 11:00 🎵 Music Works w/ Lorri [DR] 2:00 🧠 Meet Me at the MoMa [DR] 3:00 ☀️ Piano Music with Mabon [FL] 6:45 🧠 Pokeno [DR]	Active Aging Week 3 Remember to Sign up for Shopping Bus 10:00 🧘 Go4 Life Walking Club 10:00 🎵 Know your Neighbor - Second Floor Coffee Social 2:00 🚗 Shopping Bus -Ironwood Plaza 3:30 🧘 Tai Chi [DR] 6:45 🧠 Bingo (10 quarters) [DR]	Active Aging Week 4 10:00 ☀️ Catholic Communion [CRM] 11:00 🧘 Modified OsteoFit Exercises [DR] 2:00 🧠 Trivia [DR] 3:30 🧠 Happy Hour w/ Colleen Durdon performing [DR]	Active Aging Week 5 10:00 🧘 Modified OsteoFit Exercises [DR] 11:00 🧠 Brain Fitness [DR] 1:30 🧘 Go4 Life Walking Club 1:30 🧘 Wellness Clinic 2:00 🚗 Scenic Drive 3:30 🧠 Uno- Card Game [CRM]
Active Aging Week 6 2:00 ☀️ Presbyterian Church Service [DR] 3:00 🧠 Bridge [CRM]	Active Aging Week 7 10:00 🧘 Modified OsteoFit Exercises [DR] 11:00 😊 Piano Music w/ Diane [FL] 2:00 🧠 Computer Apps for Seniors [DR] 3:30 🧠 Giant Crosswords [DR] 6:45 🧠 Cribbage [CRM]	Yom Kippur 8 10:00 ☀️ Yoga for Seniors-Video [DR] 11:00 📺 Pick up Books and Audio Tapes 2:30 🎵 October Birthday & Welcome Tea w/ Peter Williams playing piano [DR] 3:30 🛒 Connect Hearing Consultants [CRM] 6:45 🧠 Rummy [CRM]	Modified OsteoFit Exercises [DR] 9 11:00 🎵 Music Works w/ Lorri [DR] 2:00 🧠 Resident Forum [DR] 3:00 ☀️ Piano Music with Mabon [FL] 4:00 Deliver Books and Audio Tapes	Foot Care Nurse Services Remember to Sign up for Shopping Bus 10 9:30 🚗 Shopping Bus- Blundell Centre 10:00 🧠 Health Talks- Flu Prevention [DR] 11:00 ☀️ Java Music Club- Welcome all our new Residents [DR] 3:30 🧘 Tai Chi [DR] 6:45 🧠 Bingo (10 quarters) [DR]	Catholic Mass [CRM] 11 11:00 🧘 Modified OsteoFit Exercises [DR] 11:30 🚗 Movie Outing, Silvercity: "Downton Abbey" 2:00 🧠 Trivia [DR] 3:30 🧠 Happy Hour w/ The Tunemakers performing [DR]	Modified OsteoFit Exercises [DR] 12 11:00 🧠 Brain Fitness [DR] 1:30 🧘 Go4 Life Walking Club 1:30 🧘 Wellness Clinic 2:00 😊 Reminiscing the Songs of the 30's & 40's [DR]
Full Moon No Breakfast Service Today 13 11:00 🧠 Brunch 12:00 🎵 Music Variations performing [FL] 3:00 🧠 Bridge [CRM]	Happy Thanksgiving! Thanksgiving 14 10:00 🧘 Modified OsteoFit Exercises [DR] 2:00 🧘 Wii Game [DR] 3:30 🧠 Giant Crosswords [DR] 6:45 🧠 Cribbage [CRM]	Yoga for Seniors-Video [DR] 15 2:00 🧶 Knit, Stitch and Visit [DR] 2:00 🚗 Scenic Drive 3:30 🍵 Pumpkin Latte's Coffee Social [CRM] 6:45 🧠 Rummy [CRM]	Modified OsteoFit Exercises [DR] 16 11:00 FIT MINDS [DR] 11:00 🎵 Music Works w/ Lorri [DR] 2:00 🧠 Meet Me at the MoMa [DR] 3:00 ☀️ Piano Music with Mabon [FL]	Remember to Sign up for Shopping Bus 17 10:00 🧘 Go4 Life Walking Club 10:30 🧠 Food Forum- New and Exciting [DR] 2:00 🚗 Shopping Bus-Seafair Shopping Centre 3:30 🧘 Tai Chi [DR] 6:45 🧠 Bingo (10 quarters) [DR]	Catholic Communion [CRM] 18 11:00 🧘 Modified OsteoFit Exercises [DR] 2:00 🧠 Trivia [DR] 3:30 🧠 Happy Hour w/ Brian Zalo performing	Modified OsteoFit Exercises [DR] 19 11:00 🧠 Brain Fitness [DR] 1:30 🧘 Go4 Life Walking Club 1:30 🧘 Wellness Clinic 2:00 🧠 Crafty Crafters - Ghostly Creations [DR] 3:30 Bananagrams- Word Game [CRM]
2:00 ☀️ Lutheran Church Service [DR] 20 3:00 🧠 Bridge [CRM] 3:00 Young Musicians and Artists performing [FL]	Federal Election Day in Canada 21 10:00 🧘 Modified OsteoFit Exercises [DR] 11:00 😊 Piano Music w/ Diane [FL] 2:00 🧘 Wii Game [DR] 3:30 🧠 Giant Crosswords [DR] 6:45 🧠 Cribbage [CRM]	Yoga for Seniors- Video [DR] 22 1:00 🚗 Riverrock Casino Outing 2:30 😊 Platinum Players- Performing Group from Minoru Seniors Centre [DR] 6:45 🧠 Rummy [CRM]	Modified OsteoFit Exercises [DR] 23 11:00 🎵 Music Works w/ Lorri [DR] 2:00 🧠 World of Words Game [DR] 3:00 ☀️ Piano Music with Mabon [FL] 3:30 🧠 Ladies Poker Game [CRM]	Remember to Sign up for Shopping Bus 24 10:00 🧘 Go4 Life Walking Club 10:30 ☀️ Anglican Church Service [CRM] 2:00 🚗 Shopping Bus- Ironwood Plaza 3:30 🧘 Tai Chi [CRM] 6:45 🧠 Bingo (10 quarters) [DR]	Catholic Communion [CRM] 25 11:00 🛒 Avon Services [FL] 11:00 🧘 Modified OsteoFit Exercises [DR] 2:00 🧠 Trivia [DR] 3:30 🧠 Happy Hour w/ Richard and his Karaoke Singing [DR]	Modified OsteoFit Exercises [DR] 26 11:00 🧠 Brain Fitness [DR] 1:30 🧘 Go4 Life Walking Club 1:30 🧘 Wellness Clinic
2:00 ☀️ United Church Service [DR] 27 3:00 🧠 Bridge [CRM]	Modified OsteoFit Exercises [DR] 28 11:00 😊 Piano Music w/ Diane [FL] 2:00 🧘 Wii Game [DR] 3:30 🧠 Giant Crosswords [DR] 6:45 🧠 Cribbage [CRM]	Yoga for Seniors-Video [DR] 29 2:00 🧶 Knit, Stitch and Visit [DR] 2:00 🚗 Scenic Drive 6:45 🧠 Rummy [CRM]	Modified OsteoFit Exercises [DR] 30 11:00 🎵 Music Works w/ Lorri [DR] 2:00 🧠 TED TALKS [DR] 3:00 ☀️ Piano Music with Mabon [FL] 3:30 🧠 Men's Hour [DR]	Foot Care Nurse Services Happy Halloween 31 10:00 🧘 Go4 Life Walking Club- 3:30 🧘 Tai Chi [DR] 7:00 🧠 Halloween Happy Hour w/ Mike Kinal performing [DR]		