



INSPIRED SENIOR LIVING

October 2024

Orchard Manor



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30 Go4Life Walking Club! (OM) 1 10:00 Scenic Drive (MEE) 10:30 Individual Visits with Life Enrichment (ORC) 1:30 Music Bingo! (OM) 2:30 Scattegories! (ORC) 3:30 Active Games (OMLR)	9:00 Game Shows (OMLR) 2 9:30 Dog Therapy with Dawn and Angel (OM) 10:00 Morning Exercises! (ORC) 11:00 Sing A Long (OML) 1:00 Visits and walks (OMLR) 1:45 Afternoon Social & Entertainment with Sam (OM) 3:30 Individual Visits (OM) 3:30 Brain Games (C)	9:00 Brain Games- Trivia and more (OM) 3 10:00 Ball Therapy! (OMLR) 10:45 Garden Visits (OM) 1:30 Giant Crossword puzzle (OMLR) 2:30 Bean Bag Toss Game (OMLR)	9:15 Fun Fitness Friday! (OM) 4 10:00 Individual Activities with Recreation (OM) 10:30 Fit Minds Friday! (OM) 11:00 Beach Ball Game (OMLR) 1:30 Table Top Board Games! (OMLR) 3:30 Scattegories (OMLR)	9:00 Go4Life Walking Club! (OM) 5 9:30 Seated Exercises (OMLR) 10:00 Memory lane (OMLR) 11:00 Short Stories and Current Events (OMLR) 1:00 Silly Poems and Stories (OMLR) 2:00 Artful Enrichment-Guided Arts and crafts (LO)
9:00 Go 4 Life Walking club (OM) 6 11:00 Balloon Badminton (ORC) 1:00 Central Okanagan United Church Service (LO) 1:00 Individual Visits with Life Enrichment (ORC) 2:00 Sunday Funday Readings (CH) 4:00 Singing for Supper! (ORC)	10:15 BINGO with Prizes! (OM) 7 10:30 Catholic Communion Service (T) 11:00 Morning Exercises and Stretches (OM) 2:15 Sing a Long (OM) 2:30 Individual Acitvities (AF) 3:00 Word Games, trivia and jokes! (OM) 3:30 Snack and Chat! (OM)	9:30 Go4Life Walking Club! (OM) 8 10:00 Scenic Drive (MEE) 10:30 Individual Visits with Life Enrichment (ORC) 1:15 Ball Therapy (OMLR) 2:30 Scattegories! (ORC) 3:30 Active Games (OMLR)	9:00 Game Shows (OMLR) 9 9:30 Dog Therapy with Dawn and Angel (OM) 10:00 Morning Exercises! (ORC) 11:00 Sing A Long (OML) 1:00 Visits and walks (OMLR) 2:00 Afternoon Tea and Trivia (OM) 3:30 Individual Visits (OM) 3:30 Brain Games (C)	9:00 Brain Games- Trivia and more (OM) 10 10:00 Ball Therapy! (OMLR) 10:30 Music Therapy with Norma (LO) 10:45 Garden Visits (OM) 1:30 Horse Race Game (LO) 2:30 Bean Bag Toss Game (OMLR) 3:00 Afternoon Social and Entertainment with Rolland! (OMLR)	9:30 Fun Fitness Friday! (OM) 11 10:00 Individual Activities with Recreation (OM) 10:30 Fit Minds Friday! (OM) 11:00 Beach Ball Game (OMLR) 1:30 Table Top Board Games! (OMLR) 3:30 Scattegories (OMLR)	9:00 Go4Life Walking Club! (OM) 12 9:30 Seated Exercises (OMLR) 10:00 BC and Canada Trivia (OMLR) 11:00 Short Stories and Current Events (OMLR) 1:00 Silly Poems and Stories (OMLR) 2:00 Artful Enrichment-Guided Arts and crafts (LO)
9:00 Go 4 Life Walking club (OM) 13 10:00 Piano Music with Beryl (OMLR) 1:00 Individual Visits with Life Enrichment (ORC) 4:00 Singing for Supper! (ORC)	10:15 BINGO with Prizes! (OM) 14 10:30 Catholic Communion Service (T) 11:00 Morning Exercises and Stretches (OM) 2:15 Sing a Long (OM) 2:30 Individual Acitvities (AF) 3:00 Word Games, trivia and jokes! (OM) 3:30 Snack and Chat! (OM)	9:30 Go4Life Walking Club! (OM) 15 10:00 Scenic Drive (MEE) 10:30 Individual Visits with Life Enrichment (ORC) 1:30 Music Bingo! (OM) 2:30 Scattegories! (ORC) 3:30 Active Games (OMLR)	9:00 Game Shows (OMLR) 16 9:30 Dog Therapy with Dawn and Angel (OM) 10:00 Morning Exercises! (ORC) 11:00 Sing A Long (OML) 1:00 Visits and walks (OMLR) 2:00 Afternoon Tea and Trivia (OM) 3:30 Individual Visits (OM) 3:30 Brain Games (C)	9:00 Brain Games- Trivia and more (OM) 17 10:00 Ball Therapy! (OMLR) 10:00 Premium Mobility Walker Clinic- Complimentary tune ups (LO) 10:45 Garden Visits (OM) 1:30 Giant Crossword puzzle (OMLR) 2:30 Bean Bag Toss Game (OMLR) 3:00 Afternoon Social and Entertainment with Ria! (OMLR)	9:30 Fun Fitness Friday! (OM) 18 10:00 Individual Activities with Recreation (OM) 10:30 Fit Minds Friday! (OM) 11:00 Beach Ball Game (OMLR) 1:30 Table Top Board Games! (OMLR) 3:30 Scattegories (OMLR)	9:00 Go4Life Walking Club! (OM) 19 9:30 Seated Exercises (OMLR) 10:00 Memory lane (OMLR) 11:00 Short Stories and Current Events (OMLR) 1:00 Silly Poems and Stories (OMLR) 1:30 Table Top Activities: Flower Arranging (OM) 2:00 Artful Enrichment- Guided Arts and crafts (LO)




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9:00 Go 4 Life Walking club (OM) 20 11:00 Balloon Badminton (ORC) 1:00 Individual Visits with Life Enrichment (ORC) 4:00 Singing for Supper! (ORC)	10:15 BINGO with Prizes! (OM) 21 10:30 Catholic Communion Service (T) 10:30 Catholic Mass with Father Gerald (T) 11:00 Morning Exercises and Stretches (OM) 2:15 Sing a Long (OM) 2:30 Individual Activities (AF) 3:00 Word Games, trivia and jokes! (OM) 3:30 Snack and Chat! (OM)	9:30 Go4Life Walking Club! (OM) 22 10:00 Scenic Drive (MEE) 10:30 Individual Visits with Life Enrichment (ORC) 1:15 Ball Therapy (OMLR) 2:30 Scattegories! (ORC) 3:30 Active Games (OMLR)	9:00 Game Shows (OMLR) 23 9:30 Dog Therapy with Dawn and Angel (OM) 10:00 Morning Exercises! (ORC) 11:00 Sing A Long (OML) 1:00 Visits and walks (OMLR) 2:00 Afternoon Tea and Trivia (OM) 3:30 Individual Visits (OM) 3:30 Brain Games (C)	9:00 Brain Games- Trivia and more (OM) 24 10:00 Ball Therapy! (OMLR) 10:30 Music Therapy with Norma (LO) 10:45 Garden Visits (OM) 1:30 Horse Race Game (LO) 2:30 Bean Bag Toss Game (OMLR) 3:00 Afternoon Social and Entertainment with Jeremy! (OMLR)	9:15 Fun Fitness Friday! (OM) 25 10:00 Individual Activities with Recreation (OM) 10:30 Fit Minds Friday! (OM) 11:00 Beach Ball Game (OMLR) 1:30 Table Top Board Games! (OMLR) 3:30 Scattegories (OMLR)	9:00 Go4Life Walking Club! (OM) 26 9:30 Seated Exercises (OMLR) 10:00 BC and Canada Trivia (OMLR) 11:00 Short Stories and Current Events (OMLR) 1:00 Silly Poems and Stories (OMLR) 2:00 Artful Enrichment-Guided Arts and crafts (LO)
9:00 Go 4 Life Walking club (OM) 27 10:00 Piano Music with Beryl (OMLR) 1:00 Individual Visits with Life Enrichment (ORC) 4:00 Singing for Supper! (ORC)	10:15 BINGO with Prizes! (OM) 28 10:30 Catholic Communion Service (T) 11:00 Morning Exercises and Stretches (OM) 2:15 Sing a Long (OM) 2:30 Individual Activities (AF) 3:00 Word Games, trivia and jokes! (OM) 3:30 Snack and Chat! (OM)	9:30 Go4Life Walking Club! (OM) 29 10:00 Scenic Drive (MEE) 10:30 Individual Visits with Life Enrichment (ORC) 1:30 Music Bingo! (OM) 2:30 Scattegories! (ORC) 3:30 Active Games (OMLR)	9:00 Game Shows (OMLR) 30 9:30 Dog Therapy with Dawn and Angel (OM) 10:00 Morning Exercises! (ORC) 11:00 Sing A Long (OML) 1:00 Visits and walks (OMLR) 1:30 Afternoon Social & Entertainment with Vic & Caorl (OMLR) 2:00 Afternoon Tea and Trivia (OM) 3:30 Individual Visits (OM) 3:30 Brain Games (C)	Happy Halloween! Wear your Costume! 31 9:00 Brain Games- Trivia and more (OM) 10:00 Ball Therapy! (OMLR) 10:00 Spooktacular Halloween Social with Mar *Wear your costumes! Top three costumes will receive a special prize! (LO) 10:45 Garden Visits (OM) 1:30 Giant Crossword puzzle (OMLR) 2:30 Bean Bag Toss Game (OMLR) 3:00 Afternoon Social and Entertainment (OMLR)	 <p>MONDAY OCT 14</p> <h2>Thanksgiving</h2>	



Be Vibrant

Locations Legend

Orchard Manor (OM)	Orchard Manor Lobby (OML)
Orchard Manor Living Room (OMLR)	Courtyard (C)
Orchard Manor Activity Room (ORC)	Theatre (T)
Lounge (LO)	All Floors (AF)
Meet by bus (MEE)	Coffee House (CH)

Calendar Legend

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