


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:30 ☀️ Church service on TV [T] 1</p> <p>9:30 🎵 Music at the Piano & Coffee with Terri [B]</p> <p>1:30 🧠 Bingo - Max 10 in the Theatre [T]</p> <p>3:00 😊 One-on-Ones - with Terri</p> <p>6:00 🎬 Movie Night - 10 residents [T]</p>	<p>10:00 🛠️ Crafts with Terri [CK] 2</p> <p>1:30 🧠 Fit Minds with Terri [T]</p> <p>3:00 🧘 Gentle Chair yoga for beginners - Max 6 [T]</p> <p>6:30 🎬 Bingo - Max 10 Residents - with Barb [T]</p>	<p>9:30 🧘 Chair Exercise for 10 residents [T] 3</p> <p>10:00 🧘 Chair Exercise for 10 residents [T]</p> <p>1:30 🎨 MOMA Painting & Colouring [CK]</p> <p>3:00 😊 One-on-Ones - with Terri</p> <p>6:00 🎬 Movie Night - 10 residents [T]</p>	<p>11:30 🛒 Tuck shop open for shopping [B] 4</p> <p>1:30 😊 Chicken Soup for the Soul with Kim [L]</p> <p>1:30 🎲 Quarter Bingo for 10 residents - bring a quarter for each card you'd like to play [T]</p> <p>3:00 🧘 Gentle Chair yoga for beginners - Max 6 [T]</p> <p>3:00 ☀️ Ladies Spa Time with Kim - Max 7 [CK]</p> <p>6:00 🎬 Movie Night - 10 residents [T]</p>	<p>9:30 🧘 Chair Exercise for 10 residents [T] 5</p> <p>10:00 🧘 Chair Exercise for 10 residents [T]</p> <p>10:00 🧠 Life Enrichment's New Resident Welcome - By invitation [CK]</p> <p>1:30 🎵 Music Social & Happy Hour - in the Bistro [B]</p> <p>6:00 🎬 Movie Night - 10 residents [T]</p>	<p>9:30 😊 Java Music & Coffee Social with Kim [B] 6</p> <p>11:00 😊 One-on-Ones - with Kim</p> <p>1:30 🎲 Quarter Bingo for 10 residents - bring a quarter for each card you'd like to play [T]</p> <p>3:00 🧠 Trivia for 10 residents with Kim [T]</p> <p>6:00 🎬 Movie Night - 10 residents [T]</p>	<p>9:30 🧘 Chair Exercise for 10 residents [T] 7</p> <p>10:00 🧘 Chair Exercise for 10 residents [T]</p> <p>10:30 📖 Books (Library) & Puzzles (Gym) pick up & drop off [L]</p> <p>1:15 🎭 Theater Presentation - 10 residents [T]</p> <p>1:30 🎵 Coffee Social with Kim [B]</p> <p>6:00 🎬 Movie Night - 10 residents [T]</p>
<p>8:30 ☀️ Church service on TV [T] 8</p> <p>9:30 🎵 Music at the Piano & Coffee with Terri [B]</p> <p>1:30 🧠 Bingo - Max 10 in the Theatre [T]</p> <p>3:00 😊 One-on-Ones - with Terri</p> <p>6:00 🎬 Movie Night - 10 residents [T]</p>	<p>10:00 🛠️ Crafts with Terri [CK] 9</p> <p>1:30 🧠 Fit Minds with Terri [T]</p> <p>3:00 🧘 Gentle Chair yoga for beginners - Max 6 [T]</p> <p>6:30 🎬 Bingo - Max 10 Residents - with Barb [T]</p>	<p>9:30 🧘 Chair Exercise for 10 residents [T] 10</p> <p>10:00 🧘 Chair Exercise for 10 residents [T]</p> <p>1:30 🎨 MOMA Painting & Colouring [CK]</p> <p>3:00 😊 One-on-Ones - with Terri</p> <p>6:00 🎬 Movie Night - 10 residents [T]</p>	<p>Remembrance Day 11</p> <p>11:00 ☀️ Remembrance Day Service on TV [T]</p> <p>1:30 🎲 Quarter Bingo for 10 residents - bring a quarter for each card you'd like to play [T]</p> <p>3:00 🛒 Tuck shop open for shopping [B]</p> <p>6:00 🎬 Movie Night - 10 residents [T]</p>	<p>9:30 🧘 Chair Exercise for 10 residents [T] 12</p> <p>10:00 🧘 Chair Exercise for 10 residents [T]</p> <p>10:00 🧠 Life Enrichment's New Resident Welcome - By invitation [CK]</p> <p>1:30 🎵 Music Social & Happy Hour - in the Bistro [B]</p> <p>3:00 🧘 Gentle Chair yoga for beginners - Max 6 [T]</p> <p>6:00 🎬 Movie Night - 10 residents [T]</p>	<p>9:30 😊 Java Music & Coffee Social with Kim [B] 13</p> <p>11:00 😊 One-on-Ones - with Kim</p> <p>1:30 🎲 Quarter Bingo for 10 residents - bring a quarter for each card you'd like to play [T]</p> <p>3:00 🧘 Roll-o-Trump with Kim for 10 residents [T]</p> <p>6:00 🎬 Movie Night - 10 residents [T]</p>	<p>9:30 🧘 Chair Exercise for 10 residents [T] 14</p> <p>10:00 🧘 Chair Exercise for 10 residents [T]</p> <p>10:30 📖 Books (Library) & Puzzles (Gym) pick up & drop off [L]</p> <p>1:15 🎭 Theater Presentation - 10 residents [T]</p> <p>1:30 🎵 Coffee Social with Kim [B]</p> <p>1:30 🎭 Halloween social Dress up in costume! [B]</p> <p>6:00 🎬 Movie Night - 10 residents [T]</p>
<p>8:30 ☀️ Church service on TV [T] 15</p> <p>9:30 🎵 Music at the Piano & Coffee with Terri [B]</p> <p>1:30 🧠 Bingo - Max 10 in the Theatre [T]</p> <p>3:00 😊 One-on-Ones - with Terri</p> <p>6:00 🎬 Movie Night - 10 residents [T]</p>	<p>10:00 🛠️ Crafts with Terri [CK] 16</p> <p>1:30 🧠 Fit Minds with Terri [T]</p> <p>3:00 🧘 Gentle Chair yoga for beginners - Max 6 [T]</p> <p>6:30 🎬 Bingo - Max 10 Residents - with Barb [T]</p>	<p>9:30 🧘 Chair Exercise for 10 residents [T] 17</p> <p>10:00 🧘 Chair Exercise for 10 residents [T]</p> <p>1:30 🎨 MOMA Painting & Colouring [CK]</p> <p>3:00 😊 One-on-Ones - with Terri</p> <p>6:00 🎬 Movie Night - 10 residents [T]</p>	<p>11:30 🛒 Tuck shop open for shopping [B] 18</p> <p>1:30 😊 Chicken Soup for the Soul with Kim [L]</p> <p>1:30 🎲 Quarter Bingo for 10 residents - bring a quarter for each card you'd like to play [T]</p> <p>3:00 🧘 Gentle Chair yoga for beginners - Max 6 [T]</p> <p>3:00 ☀️ Ladies Spa Time with Kim - Max 7 [CK]</p> <p>6:00 🎬 Movie Night - 10 residents [T]</p>	<p>9:30 🧘 Chair Exercise for 10 residents [T] 19</p> <p>10:00 🧘 Chair Exercise for 10 residents [T]</p> <p>10:00 🧠 Life Enrichment's New Resident Welcome - By invitation [CK]</p> <p>1:30 🎵 Music Social & Happy Hour - in the Bistro [B]</p> <p>6:00 🎬 Movie Night - 10 residents [T]</p>	<p>9:30 😊 Java Music & Coffee Social with Kim [B] 20</p> <p>11:00 😊 One-on-Ones - with Kim</p> <p>1:30 🎲 Quarter Bingo for 10 residents - bring a quarter for each card you'd like to play [T]</p> <p>3:00 🧠 Trivia for 10 residents with Kim [T]</p> <p>6:00 🎬 Movie Night - 10 residents [T]</p>	<p>9:30 🧘 Chair Exercise for 10 residents [T] 21</p> <p>10:00 🧘 Chair Exercise for 10 residents [T]</p> <p>10:30 📖 Books (Library) & Puzzles (Gym) pick up & drop off [L]</p> <p>1:15 🎭 Theater Presentation - 10 residents [T]</p> <p>1:30 🎵 Coffee Social with Kim [B]</p> <p>6:00 🎬 Movie Night - 10 residents [T]</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 ☀️ Church service on TV [T] 22 9:30 🎵 Music at the Piano & Coffee with Terri [B] 1:30 🧠 Bingo - Max 10 in the Theatre [T] 3:00 😊 One-on-Ones - with Terri 6:00 🐾 Movie Night - 10 residents [T]	10:00 🛠️ Crafts with Terri [CK] 23 1:30 🧠 Fit Minds with Terri [T] 3:00 🧘 Gentle Chair yoga for beginners - Max 6 [T] 6:30 🐾 Bingo - Max 10 Residents - with Barb [T]	9:30 🧘 Chair Exercise for 10 residents [T] 24 10:00 🧘 Chair Exercise for 10 residents [T] 1:30 🎨 MOMA Painting & Colouring [CK] 3:00 😊 One-on-Ones - with Terri 6:00 🐾 Movie Night - 10 residents [T]	11:30 🛒 Tuck shop open for shopping [B] 25 1:30 😊 Chicken Soup for the Soul with Kim [L] 1:30 🐾 Quarter Bingo for 10 residents - bring a quarter for each card you'd like to play [T] 3:00 🧘 Gentle Chair yoga for beginners - Max 6 [T] 3:00 🧠 You be the Judge with Kim [T] 6:00 🐾 Movie Night - 10 residents [T]	9:30 🧘 Chair Exercise for 10 residents [T] 26 10:00 🧘 Chair Exercise for 10 residents [T] 10:00 🛠️ Life Enrichment's New Resident Welcome - By invitation [CK] 1:30 🎵 Music Social & Happy Hour - in the Bistro [B] 6:00 🐾 Movie Night - 10 residents [T]	9:30 😊 Java Music & Coffee Social with Kim [B] 27 11:00 😊 One-on-Ones - with Kim 1:30 🐾 Quarter Bingo for 10 residents - bring a quarter for each card you'd like to play [T] 3:00 🧘 Roll-o-Trump with Kim for 10 residents [T] 6:00 🐾 Movie Night - 10 residents [T]	9:30 🧘 Chair Exercise for 10 residents [T] 28 10:00 🧘 Chair Exercise for 10 residents [T] 10:30 📖 Books (Library) & Puzzles (Gym) pick up & drop off [L] 1:15 🧘 Theater Presentation - 10 residents [T] 1:30 🐾 Coffee Social with Kim [B] 6:00 🐾 Movie Night - 10 residents [T]
8:30 ☀️ Church service on TV [T] 29 9:30 🎵 Music at the Piano & Coffee with Terri [B] 1:30 🧠 Bingo - Max 10 in the Theatre [T] 3:00 😊 One-on-Ones - with Terri 6:00 🐾 Movie Night - 10 residents [T]	10:00 🛠️ Crafts with Terri [CK] 30 1:30 🧠 Fit Minds with Terri [T] 3:00 🧘 Gentle Chair yoga for beginners - Max 6 [T] 6:30 🐾 Bingo - Max 10 Residents - with Barb [T]	 <p style="text-align: center;"><i>Remembrance Day</i> POPPIES ON SALE HERE</p> <p style="text-align: center;"><i>Please show your support and give generously</i></p>			<p>Events for November!</p> <p>You are welcome to attend events of your choice!</p> <p>Once we have the maximum amount for each room, we will close the doors.</p> <p>Masks required at all events please!</p>	<p>We now have a Monthly Heritage Newsletter!</p> <p>Pick up your copy in the Bistro!</p> <p>The October edition is still available and November addition will be out November 10th!</p>



- 😊 Emotional
- 🧠 Intellectual
- 🧘 Physical
- 🛠️ Purposeful
- 🐾 Social
- ☀️ Spiritual
- 🛒 Vendor

- Location Keys**
- Bistro B
 - Country Kitchen CK
 - Library L
 - Theatre T

Notes: