

Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26	Sunday 27
World Alzheimer's Day Weekly Activity Challenge Due Date: Community Mix Up (P) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Brain Games (Resident-led) (P) 10:30 Can Fit Pro Exercise Class (F) 2:00 Bingo (P) 2:00 Grasslands Shopping (V) 2:00 Fit Minds in Harbour House (HAR) 2:30 TD Bank (V) 3:00 Southland Mall (V) 3:15 What Am I? Guessing Game (P) 6:45 Board Games & More! (P)	Gender Equality Week 9:00 Tuesday Morning Coffee Party (B) 9:30 Music Therapy with Morgan (HAR) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Fit Minds (P) 10:30 Music Therapy with Morgan (HER) 12:00 New Resident Luncheon (By Invitation Only) (PD) 1:30 Card Bingo (HER) 1:30 Bridge Game * (P) 2:00 BMO/CIBC Banks (V) 2:00 Rosary (E) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:30 Co-op Grocery Store (V) 2:30 Shopping Vendor: The Nut Man (2:30 PM-3:30 PM) (WAI) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 3:00 Grasslands Shopping (V) 3:00 Fit Minds in Heritage House (HER) 7:00 Entertainment: The Brotherhood (B)	Gender Equality Week Autumnal Equinox: Wear Fall Colors Today: Red, Orange and Yellow (EB) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Shuffleboard League (10:00 AM - 3:00 PM; check your schedules) (P) 10:30 Can Fit Pro Exercise Class (F) 2:00 Co-op Grocery Store (V) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:00 Dog Therapy Visits with Shirley & Shelby (HH) 2:30 Royal & Scotia Banks (V) 3:00 Conexus Credit Union (V) 3:15 Nail Painting (E) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	Gender Equality Week 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Chair Yoga with Rebecca Whitrow (P) 10:30 Coffee & Conversation with Jolene (B) 1:30 Bible Study (All Faiths Welcome) (PD) 1:30 Horse Racing (P) 3:00 90 Day Move In Happy Hour Celebration (P) 7:00 Crokinole (BN) 7:00 Entertainment: Garnet & Jean Ripplinger (B)	Gender Equality Week National Food Service Workers Day 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Can Fit Pro Exercise Class (F) 10:45 Current Events & Coffee with Amy (LB) 1:30 '70s TV Character Guess Who Trivia (E) 1:35 Rosary (P) 2:00 Grasslands Shopping (V) 2:00 Catholic Mass (P) 2:30 Southland Mall/Sobeys Liquor Store (V) 3:15 Monthly Birthday Party (P) 4:30 Oktoberfest Themed Dinner (4:30 - 6:15 PM) (D) 7:00 S'mores Social (CP) 8:30 Rider Game: SSK @ BC (P)	Gender Equality Week 9:30 Outing with Yeva to The Lumsden Scarecrow Festival Street Market* (V) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Chair Yoga with Sacha Wolfson (P) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 2:00 Artfull Enrichment Craft: Thanksgiving Pie Garland (E) 6:30 Concert Movie Night: Simon & Garfunkel (The Concert in Central Park 1981) (P)	Gender Equality Week 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Sunday Morning Coffee Party (B) 10:30 Archdiocese of Regina Catholic Mass Livestream (P) 1:30 Sunday Fun-Day Outing with Len: Regina Floral Conservatory* (V) 2:00 Table Tennis (PHL) 2:00 DrumFIT (W) 6:30 Movie Night (Romance): Four Weddings and a Funeral (P)

Locations Legend

- Prairie Schooner (P)

Van Service (V)

Entire Building (EB)

Bistro (B)

Education Room - 2nd Fl. (E)

Wascana Way - 3rd FL. (W)

Fireplace Lounge (F)

Heritage House (HER)

Harbour House (HAR)
- Private Dining Room (PD)

Breakfast Nook (BN)

Waiting Area (WAI)

In Suite (IS)

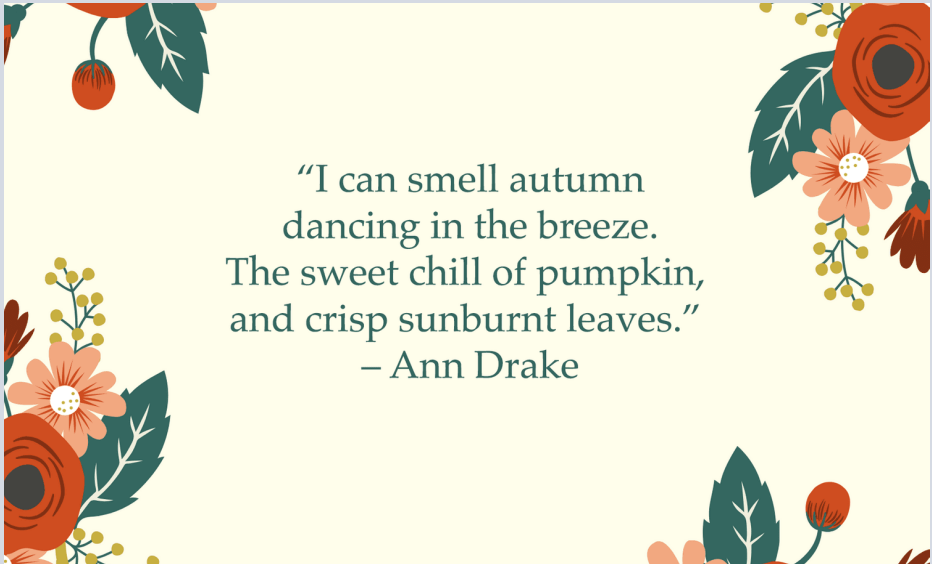
HouseHolds (HH)

Library (LB)

Dining Room (D)

Courtyard Patio (CP)

Pool Hall Lounge (PHL)



News

Terry Fox Foundation: Thank you for your generous donations for our annual Terry Fox Foundation Silver Foxes Event; we raised \$1375! Congratulations to Ted Fudge who won the grand prize from our donation draw. Special thanks to Colleen, Life Enrichment Assistant for her support and providing materials for our display table.

Outings: we still have space available for our outings this weekend to the Lumsden Scarecrow Festival and the Regina Floral Conservatory. Please sign up in the library if you are interested.

Calendar Legend

- Outing
- Special Program
- Sign up Required *
- Theme Day
- Signature Program
- Highlight