

Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24	Sunday 25
Weekly Activity Challenge Due Date: Costume Store Word Scramble (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) 3:00 Fireside Chat with Chef Amy: All About Gluten! (F) 6:45 Board Games & More! (P)	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 Can Fit Pro Low Impact Exercise Class (W) 2:00 Rosary *Location Change Today* (PD) 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: Country Fever (B)	National Pumpkin Cheesecake Day 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) 12:00 Shopping Vendor: Even-Steven's Baking (12-3 PM) (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) 2:45 Pumpkin Cheesecake Social (B) 3:00 Conexus Credit Union (V) 3:15 Nail Painting *Location Change* (P) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	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) 2:00 Entertainment: Circle of Friends (B) 3:00 Happy Hour (P) 6:30 Pumpkin Jeopardy (P) 7:00 Crokinole (BN) 7:30 Apple Cider, Music, & Tunes with Yeva (F)	Gluten Free 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 Annette (LB) 1:35 Rosary (P) 2:00 Grasslands Shopping (V) 2:00 Catholic Mass (P) 2:00 Believeable or Batty Trivia (E) 2:30 Southland Mall/Sobeys Liquor Store (V) 4:30 Supper Outing with Yeva to The Keg* (V) 6:30 Concert Movie Night: Bee Gees (One Night Only 1997) (P) 6:45 Colouring & Conversation: Collaborative Jack-O-Latern (B)	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Artful Enrichment: Frankenstein Halloween Pot (E) 10:30 Chair Yoga with Sacha Wolfson (P) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 1:00 Rider Game Watch Party: EDM @ SSK (Bar is Open) (P) 7:00 Children's Piano Recital (B)	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) 11:00 Sunday Fun-Day Outing with Len: Brunch at Denny's (Southland Mall)* (V) 2:00 Table Tennis (PHL) 2:00 DrumFIT (W) 6:30 Movie Night (Romance): Two Weeks Notice (P)



<u>Locations Legend</u> Prairie Schooner (P) Van Service (V) Bistro (B) Entire Building (EB) Fireplace Lounge (F) Wascana Way - 3rd FL. (W) Heritage House (HER) Private Dining Room (PD) Harbour House (HAR) Breakfast Nook (BN) Education Room - 2nd Fl. (E) Waiting Area (WAI) In Suite (IS) HouseHolds (HH) Library (LB) Pool Hall Lounge (PHL)		<u>News</u> All About Gluten: Join Amy, Dining Services Manager on Monday, October 19th at 3:00 p.m. in the Fireplace Lounge for a special Fireside Chat on gluten. Friday's lunch and dinner menus will feature all gluten free items in honour of Gluten Free Day. Sunday Outing: please note that the outing for Sunday has been changed to brunch at the new Southland Mall Denny's as Over the Hill Orchards is now closed for the season. We apologize for any inconvenience this causes. Please sign up in the library for this new outing opportunity if you are interested.	<u>Calendar Legend</u> Outing Special Program Sign up Required * Theme Day Signature Program Highlight
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