

October Recreation Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Retirement Locations	Senior Living Locations	1	2	3	4	5
AR - Activity Room D1 - Retirement Dining Rm L1 - Retirement Lounge NP - North Patio TH - Theatre	BR - Billiards Room L2 - SL Lounge, 2 nd Floor D2 - SL Dining Room, 2 nd Floor PR - Party Room	Medical Transportation 9-4p.m 9:45 Modified Strength Exercise (AR) 10:30 Activity Planning Meeting (AR) 2:15 Chair Yoga (TH) 3:15 Word Games (AR) 7:15 Jeopardy! (AR)	9:45 Modified Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) 1:45 Bingo! 50¢/card (PR) 2:00 Clarkson's Farm (TH) 2:15 Pokeno! (AR)	9:45 Modified Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 1:30 Activity Planning Meeting (L2) 2:15 Tai Chi (TH) 3:15 Finish the Lyrics (AR)	In House Dental ZABS Shoes 10am-2pm (L1) 9:45 Modified Strength Exercise (AR) 10:45 Bean Bags (AR) 2:00 Documentary: Chicken People (TH) 2:15 Modified Stretch Exercise (AR) 3:15 Darts! (AR)	9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Big Screen Bingo (AR) 3:00 Big Screen Bingo (AR)
6	7	8	9	10	11	12
Church Transportation 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Name That Tune (AR) 3:15 Wheel of Fortune (AR)	Trip to Loblaws Lucy Gray Alterations 1-4pm (L1) 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 1:45 Bingo! 50¢/card (PR) 2:00 TV Series: All Creatures Great and Small (TH) 2:15 Stretch Exercise (AR) 3:30 Brain Games (AR)	Medical Transportation 9-4p.m Hearing and Balance Clinic 9:45 Strength Exercise (AR) 10:00 A Time of Prayer with St Mary's Volunteers (TH) 10:30 Book Club Meeting w/ Deb (PDR) 10:45 Crochet and Knit with Jess (AR) 2:00 Euchre (AR) Euchre (PR) 2:15 Chair Yoga (TH) 3:15 Lounge social with German Beer (L1) 7:00 Oktoberfest Party w Don van Haltren (L1)	Reflexology Treatments 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) 1:45 Bingo! 50¢/card (PR) 2:00 Clarkson's Farm (TH) 2:15 Pokeno! (AR) 3:30 Virtual Standing DrumFit (L2)	Trip to Shoppers Drug Mart 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) 3:00 TV Series: Carol Burnett Show (TH) 3:00 Happy Hour with John Turner (L1)	9:45 Strength Exercise (AR) 10:45 Ladder Ball (AR) 2:00 Documentary: Sovereign Soil (TH) 2:00 Pie Auction (L1) 7:00 Skip-Bo (AR)	9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Dollar Bingo-1\$ to Play (AR) 3:15 Cribbage and Tabletop Games (AR)
13	14 Thanksgiving	15	16	17	18	19
Church Transportation 10:30 Spiritual Reflection (TH) 2:00 Hymn Sing and Inspirational Talk with Pastor Jurgen Rausch (TH) 2:00 Darts! (AR) 3:00 Hymn Sing with Grace (AR) 3:30 Spiritual Reflection (TH)	9:45 Video Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 1:45 Bingo! 50¢/card (PR) 2:00 TV Series: All Creatures Great and Small (TH) 2:15 Video Stretch Exercise (AR) 3-7pm Party Room Closed for Private Event 3:15 Thanksgiving Trivia (AR)	Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 St. Mary's Catholic Service (TH) 10:45 Crochet and Knit with Jess (AR) 2:00 Euchre (AR) Euchre (L2) 2:15 Chair Yoga (TH) 3:15 Lounge Social with French Harvest Cocktails (L1) 7:15 Word Games (AR)	Bank Transportation 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) 1:45 Bingo! 50¢/card (PR) 2:00 Clarkson's Farm (TH) 2:15 Pokeno! (AR) 3:30 Virtual Standing DrumFit (L2)	Trip to the Lindsay Mall 9:45 Strength Exercise (AR) 10:30 United Church Service (TH) 10:45 Hand Wax Therapy (AR) 2:00-4:30pm Theatre closed for team meeting 2:15 Tai Chi (AR)	9:45 Strength Exercise (AR) 10:45 Bean Bags (AR) 2:00 Documentary: First to the Moon: The Journey of Apollo 8 (TH) 2:15 Stretch Exercise (AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR)	9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Big Screen Bingo (AR)
20	21	22	23	24	25	26
Church Transportation 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Filling Our Good Samaritan Shoe Boxes for Donation (AR)	Lunch Outing to Castle John's 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 1:45 Bingo! 50¢/card (PR) 2:15 Stretch Exercise (TH) 3:15 Where in the World Have You Been? Canadian Maritime Edition (AR)	Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:00 A Time of Prayer with St Mary's Volunteers (TH) 10:45 Crochet and Knit with Jess (AR) 2:00 Euchre (AR) Euchre (PR) 2:15 Chair Yoga (TH) 3:15 Lounge Social with Apple Jack Rabbit Cocktails (L1) 7:00 Live Entertainment with Art Lajambe (L1)	9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) 1:45 Bingo! 50¢/card (PR) 2:00 Clarkson's Farm (TH) 3:00 October Birthday Party with Keith Kirkpatrick (L1)	Trip to Dollarama/Food Basics Adrian's Clothing Sales 10-2 (L1) 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:30 Resident Memorial Service (L1) 3:15 Tai Chi (TH)	9:45 Strength Exercise (AR) 10:45 Washer Toss (AR) 11:30 Fire Safety Walkthrough (D2) Call 8155 to sign up 2:00 Documentary: The Pez Outlaw (TH) 2:15 Stretch Exercise (AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR)	9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Dollar Bingo-1\$ to Play (AR) 3:15 Make Your Own Bingo Card (AR)
27	28	29	30	31	Aquafit	Tuck Shop Hours:
Church Transportation 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Finish the Lyrics (AR) 3:00 Sing Along with Grace (AR)	Trip to Giant Tiger 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 1:45 Bingo! 50¢/card (PR) 2:00 TV Series: All Creatures Great and Small (TH) 2:15 Video Stretch Exercise (TH) 3:00 Browning Reptiles Presentation (AR)	Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 Anglican Church Service (TH) 10:45 Crochet and Knit with Jess (AR) 2:00 Euchre (AR) Euchre (PR) 2:15 Chair Yoga (TH) 3:15 Lounge Social with Bloody Mary Cocktails (L1) 7:00 Art with Adrienne - Pumpkin Painting call 8155 to sign up (AR)	Bank Transportation 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) 1:45 Bingo! 50¢/card (PR) 2:00 Clarkson's Farm (TH) 2:15 Pokeno! (AR) 3:30 Virtual Standing DrumFit (L2)	Trip to Vicky's Values 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) Costume Parade at Lunch (D1) 2:15 Tai Chi (TH) 3:00 Pumpkin Contest Winners Announced! (L1) Share Your Spooky Stories! (AR) 7:00 Halloween Party with Craig Brtnik (L1)	To attend Aquafit classes, residents MUST Call 8155 to sign up and be able to get in and out of the pool unassisted. If classes are full, you will be put on a temporary wait list.	Sunday, Wednesday and Friday 1-3p.m Call ext. 8200 for up-to-date Shop open hours, or speak to a Tuck Volunteer during open hours.