





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>October 2024</h1>		Esthetician Today 1 10:30(FL/CL) Halloween Decorating! 1:20(C) Funny Animal Videos 2:00(C) Bingo 3:15(FL) Outdoor Stroll 7:00(C) <i>Toast Masters</i> <u>Active Aging Week!</u> <u>National Seniors Day!</u>	Hairdresser Today 2 Shuttle Today Hear Right Canada Clinic 10:00 Trip *Sign up* Walmart 1:30(C) Technology Help 2:00(C) DRUMBALL 3:00(FL) Outdoor Stroll <small>Rosh Hashanah Begins</small>	10:00(L) Exploring Scripture 3 10:15(SG) Garden Care 11:00(C) Seated Dance Class 2:00(C) Crafts 3:30(C)(N) Documentary: <i>Apollo 13 Survival</i>	Hairdresser Today 4 10:00(SG) Garden Care 10:15(C) JAVA Music Club 2:00(CL) Happy Hour with The Groovy Guys	2:00(C)(N) Movie: His Three Daughters 5 2:00(CL) Cribbage 7:00(C)(N) Movie: Gifted
10:30(C)(yt) Hymn Sing 6 Cottage rented out from 12:00pm-3:30pm 7:00(C)(N) Movie: The Perfect Couple	Hairdresser Today 7 Shuttle Today 10:00(C) Church Service 10:30 TRIP *Sign up* Fall Mum Show 2:00(C) Painting Class 3:30(C)(N) Documentary: <i>The Other Shore</i>	Esthetician Today 8 10:30(C) Brain Joggers 1:20(C) Funny Animal Videos 2:00(C) Bingo 3:15(FL) Outdoor Stroll 7:00(C) <i>Toast Masters</i>	Hairdresser Today 9 Shuttle Today 10:00 Trip *Sign up* Giant Tiger 1:30-3:30(SG) Staff Appreciation BBQ 	10:15(SG) Garden Care 10 11:00(C) Seated Dance Class 2:00(C) DRUMBALL 3:15(CL) Music in Medicine Performance 3:30(C)(N) Documentary: <i>The Elephant Whisper's</i> <small>Yom Kippur Begins</small>	Hairdresser Today 11 10:15(C) JAVA Music Club 2:00(CL) Happy Hour with Paul Horton	2:00(C)(N) Movie: Whitney Houston: I wanna Dance with Somebody 12 2:00(CL) Cribbage 7:00(C)(N) Movie: Gigi & Nate
10:30(C)(yt) Hymn Sing 13 2:00(C)(N) Movie: Find me Falling	9:30-10:30(C) Tai Chi with Harvey 14 2:00(C)(N) Afternoon Movie: Your Pick!  <small>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</small>	Esthetician Today 15 10:30(C) Brain Joggers 1:20(C) Funny Animal Videos 2:00(C) Bingo 3:00(C) DRUMBALL 7:00(C) <i>Toast Masters</i>	Hairdresser Today 16 Shuttle Today 10:00 Trip *Sign up* Apple Picking at Carluke Orchards 1:00(C) Technology Help 2:00(C) Jeopardy 3:30(C) Music Appreciation <small>Sukkot Begins</small>	10:00(L) Exploring Scripture 17 10:15(SG) Garden Care 11:00(C) Seated Dance Class 2:00(CL) Apple Cider and Apple Social 3:30(C) Documentary: <i>Human the World Within</i>	Hairdresser Today 18 10:15(C) JAVA Music Club 10:30 TRIP *Sign up* John Williams Talk & Tea 2:00(CL) Happy Hour with Ken Lighthouse	2:00(C) Watching Gerry Sterling's Musical Play 19 2:00(CL) Cribbage 7:00(C)(N) Movie: 50 to 1
10:30(C)(yt) Hymn Sing 20 2:00(C)(N) Movie: Morning Glory	Hairdresser Today 21 Shuttle Today 10:00(C) Church Service 10:30 TRIP *Sign up* Missions Thrift Store 7:00(C/L) Hamilton Children's Choir *Cottage out of Commission*	Esthetician Today 22 10:00(C) Covid Vaccine & Flu Shot Clinic 3:00(C) Health & Dental Presentation with Jackson Square 3:00(FL) Candy Jar Contest! 7:00(C) <i>Toast Masters</i>	Hairdresser Today 23 Shuttle Today 10:00 Trip *Sign up* Lunch at Red Lobster 1:30(FL) Group Picture! 2:00-3:00(CL) Ice Cream & Pumpkin Pie Social <u>Country Day (Wear Plaid)!</u> *Cottage out of Commission*	10:15(SG) Garden Care 24 11:00(C) Seated Dance Class 2:00-3:00(C/L) Glamour Gals 3:30(C)(N) Documentary: <i>Albert Einstein</i> <small>Simchat Torah Begins</small>	Hairdresser Today 25 2:00(CL) Happy Hour with Jim Kajura *Cottage out of Commission*	1:00(C)(N) Movie: Leave the World Behind 26 2:00(CL) Cribbage 3:30(C) songs for Strength Music Program 7:00(C)(N) Movie: Forgotten Love
10:30(C)(yt) Hymn Sing 27 2:00(C)(N) Movie: The Beautiful Game	Hairdresser Today 28 Shuttle Today 10:00(C) Church Service 10:30 TRIP *Sign up* Pumpkin Patch at the Bennetts 2:00(C) Townhall Meeting 3:15(C) Food Meeting	Esthetician Today 29 10:30(C) Brain Joggers 1:20(C) Funny Animal Videos 2:00(C) Bingo 3:00(C) DRUMBALL 3:30(FL) Winner will be picked! 7:00(C) <i>Toast Masters</i>	Hairdresser Today 30 Shuttle Today 10:00 Trip *Sign up* Limeridge Mall 2:00-3:00(C) Pumpkin Carving	10:00(L) Exploring Scripture 31 11:00(C) Seated Dance 2:00(C) Halloween Party with Entertainer Mike Thorton (The Good Time Guys) 3:00 Halloween candy handouts! <small>Halloween</small> 	Legend: (DR)-Dining Room (CL)-Café/Lounge (C)- Cottage (FL)- Front Lobby (L)- Library (SG)- Secret Garden	

EXERCISE SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30AM-10:30AM	GENERAL EXERCISE (CAFE)	GENERAL EXERCISES (CAFE)	SEATED TAI CHI (COTTAGE)	GENERAL EXERCISE (CAFE)	
10:30AM-11:30AM	RACKET BALLOON (CAFE)	ADVANCED EXERCISES (CAFE)		ADVANCED EXERCISE (CAFE)	
10:45AM-11:45AM			GENERAL EXERCISE (CAFE) VON-Cedric		GENERAL EXERCISE (CAFE) VON-Rushabh
1:00PM-2:00PM	ADVANCED EXERCISE (CAFE) VON-Emily				

Fall Word Search

FALL
AUTUMN
LEAVES
HARVEST
PUMPKIN
HALLOWEEN
THANKSGIVING
FOOTBALL
SWEATER
APPLE CIDER
SCHOOL
ACORN
ORANGE
YELLOW
BROWN

S P O R B S Y L E A V E S U A
N T A R D R H G H T E R W O P
U H T P C I O E A S M P E N P
L A L H E H G W A C O V R P L
J N N I O R A I N H R E C I E
U K P E C R S R I O I L F C C
P S N S R E O E V S E T O E I
R G R O N C H A T E S A O X D
O I C I A S O R S O S Y T T E
T V R U L R O A T S E T B T R
R I A G L E L A T E G N A R O
A N Y P U M P K I N R E L Y T
W G O N E R O D H L E H L B F
O Y N E M A U T U M N D R A A
L H S W E A T E R M O C R B L
L S K O O B A C V J B R N N L
E O S E M N E E W O L L A H L
Y A C K P S C H O O L A P O P

October

What to Look Out for This Month!

- Cottage will be out of commission- Oct 21st, 23rd & 25th
 - Halloween Decorating
 - Hear Right Canada
 - Staff Appreciation Party
 - Music in Medicine Performance
 - Tai Chi with Harvey
 - Apple Cider Social
- Watching Gerry Sterling's Musical
- Covid Vaccine & Flu Shot Clinic
 - Candy Jar Contest
- **Country day (Wear Plaid):** Ice Cream & Pumpkin Pie Social/ Group Picture
 - Glamour Gals
 - Pumpkin Carving
- Halloween Party with Mike Thorton
 - Halloween Candy Hand Outs