Sunday Monday Tuesday Wednesday Thursday Friday Saturday 5 9:30 am Falls Prevention Exe 3 9:30 - 10:30 am Balance and 9:30 High Level Exercise 9:30 Pump It Up High Level 4 9:30 Pump It Up Exercise October 2024 **Falls Prevention Exercises** 10:30 am Seated Tai Chi & Yoga 10:30 am Table Games with Barb 10:30 am Hand Therapy 10:30 Hand Therapy AR 2pm SILVER FOX PHARMACY | 10.30 Stay Sharp Fit Minds 11:30 MEDITATION - The Chapel 11 am SJA Therapy Dog Visit **MEDICATION** 1.45 Mahjong in honor of MK **History by Harris - The** 11:30- Tai Chi/12:30 Yoga 2 PM BILL BLACK **PRESENTATION** 2 pm Sing Along with Patrick **Thanksgiving Story** 1:30 Individual Exercise **PERFORMS** 11 am Catholic Communion 3 pm Resident Social Tea 3 pm Euchre/3 pm Social Tea 2 pm BINGO/3 Pm Social Tea 2 pm Mahjong in honor of MK 2 pm Mahjong in honor of MK 3 pm Euchre/4 pm Trivia 3-4pm Travelogue Wildlife 4 pm Resident Directed Trivia 3 pm Social Tea/3 pm Euchre 3 pm Social Tea/3 pm Euchre **Adventures on Borneo's Longest River** 6:40 Bridge Club & Board Games 6:40 Bridge Club & Board Games 4 pm Resident Directed Trivia 4pm Trivia/6:40 Bridge Club & International Day of Older Persons 4 pm Resident Directed Trivia **Rosh Hashanah Begins** 6:40 Bridge Club & Board Games **Board Games** 6:40 Bridge Club & Board Games 9:30 - 10:30 am Balance and 1:30 SUNDAY MATINEE 6 9:30 Fall prevention Exer 9:30 am Falls Prevention Exe 10 9:30 am High Level Exercise 8 9:30 Pump It Up High Level 9 9:30 Pump It Up Exercise 10:30 am Table Games with Barb **Falls Prevention Exercises** 10: 30 Arts & Crafts 10:30 am Seated Tai Chi & Yoga 10:30 am Hand Therapy in the Library 10:30 Hand Therapy AR 1:45 CLIFFCREST PLAZA 11 am Catholic Communion 10:30 am Chef Ian's Gemstone 11:30 MEDITATION - The Chapel 2 PM BINGO AR **OLD DADS** 11 am SJA Therapy Dog Visit **11-3:30 SHE'S GOT LEGGS** 1:30 PM Destination 101 **Gemboree Show & Tell** 11 am Anglican Service ch 11:30- Tia Chi 12:30 Seated Yoga **CLOTHING SALE** 3 pm Resident Social Tea 3 pm Euchre 2pm DANCING WITH PARKINSONS 1.45 Mahjong in honor of **Estonia The Baltic Tiger** 1:30 Individual Exercise 2 pm Mahjong in honor of MK 3 pm Resident Social Tea 4 pm Resident Directed Trivia 2 pm Mahjong in honor of MK 2 pm Sing Along with Patrick 2 pm BINGO/3 Pm Social Tea 3 pm Euchre/ Social Tea 3 pm Social Tea 6:40 Bridge Club & Board Games 4 pm Resident Directed Trivia 3 pm Social Tea/3pm Euchre 3 pm Social Tea/3 pm Euchre 4 pm Resident Directed Trivia 3-4pmPM Travelogue Borneo 3 pm Euchre 4 pm Resident Directed Trivia 4 pm Trivia Kinabatangan River The Amazon 6:40 Bridge Club & Board Games HAPPY BIRTHDAY EMIEL V 6:40 Bridge Club & Board Games 4 pm Resident Directed Trivia 6:40 Bridge club & Board Games of the East - 4pm Trivia 6:40 Bridge Club & Board Games 6:40 Bridge Club & Board Games HAPPY BIRTHDAY PATTI P **Yom Kippur Begins** 6:40 Bridge Club & Board Games 13 2pm MOVIE (library) 14 9:30 High Level Exercise 15 9:30 Pump It Up High Level 16 9:30 am Falls Prevention Exe | 18 | 9:30 Pump It Up Exercise 9:30 am Falls Prevention Exe 7 1-3 GENERATIONAL 10:30 am Hand Therapy 10:30 am Seated Tai Chi & Yoga 10:30 Hand Therapy AR 10:30 am Table Games w Barb 2 pm DOROTHY CURRIE **PATHWAYS BINGO EVENT** 11 am SJA Therapy Dog Visit 11:30 MEDITATION - The Chapel 2 PM BINGO AR 11 am Catholic Communion **Mixtape PERFORMS** 11:30- TAI CHI/12:30 Yoga 1.45 Mahjong in honor of MK 11 AM Service w Rev. David 3 pm Resident Social Tea 3 pm Resident Social Tea 3 pm Euchre/3 pm Social Tea 1:30 Individual Exercise 2 pm Sing Along with Patrick 2 pm Mahjong in honor of MK 4 pm Resident Directed Trivia 3 pm Euchre SS 4 pm Resident Directed Trivia 2 pm BINGO/3 Pm Social Tea **HAPPY** 3 pm Resident Social Tea 3 pm Euchre 3-4pmPM Travelogue 3 pm Euchre 3:30 Lobby Trivia 4 pm Resident Directed Trivia **THANKSGIVING** 6:40 Bridge Club & Board Games 6:40 Bridge Club & Board Games **BORNEO DEATH BLOW** 4 pm Trivia 4 pm Resident Directed Trivia **International Skeptics Day** 4 pm Resident Directed Trivia **DAY CANADA** 6:40 Bridge Club & Board Games 6:40 Bridge Club & Table Games 6:40 Bridge Club & Board Games **Sukkot Begins** 6:40 Bridge Club & Board Games 9:30-10:30 High Level Exerc 22 1:30 SUNDAY MATINEE 20 9:30 Fall prevention Exercise 2 9:30 Pump It Up High Level 23 9:30 am Falls Prevention Ex24 9:30 am Falls Prevention Exe 25 9:30 Pump It Up Exercise 10: 30 Arts & Crafts with Barb 10:30 am Hand Therapy in the Library 10:30 - 11:30 Hand Therapy AR 10:30 am Seated Tai Chi & Yoga 10:30 Table Games with Barb 10.30 Stay Sharp Fit Minds 1:45 EGLINTON SQ 11 am Catholic Communion 2 pm JOE RANKIN **EAT PRAY LOVE** 1.45 Mahjong in honor of MK 11 am SJA Therapy Dog Visit 2 PM BINGO AR 1:30 PM Destination 101 11:30 MEDITATION -The Chapel 11:30-- TAI CHI /12:30 Yoga 2 pm Mahjong in honor of MK **PERFORMS** 3 pm Euchre Estonia's enchanted islands -2 pm Sing Along with Patrick 3 pm New Resident Social Tea 3 pm Social Tea 1:30 -1:30 Individual Exercise 3 pm Resident Social Tea 3 pm Social Tea Kihnu, Hiiumaa, Saaremaa 3 pm Social Tea/3 pm Euchre 3 pm Euchre 3 pm Euchre 2 pm BINGO/3 Pm Social Tea 4 pm Resident Directed Trivia 4 pm Resident Directed Trivia 4 pm Resident Directed Trivia 3 pm Euchre/3 pm Social Tea 4 pm Resident Directed Trivia 4 pm Resident Directed Trivia 3-4pmPM Travelogue THE LAST 6:40 Bridge Club 4 pm Resident Directed Trivia 6:40 Bridge Club & Board Games 6:40 Bridge Club & Board Games **NOMADS OF BORNEO** 6:40 Bridge Club & Board Games & Board Games **WE CELEBRATE PURPLE DAY** 6:40 Bridge Club & Board Games 6:40 Bridge Club & Table Games Simchat Torah Begins 4pm Resident Directed Trivia **WEAR SOMETHING PURPLE TODAY** HAPPY BIRTHDAY EAMA E 6:40 Bridge Club & Board Games 9:30 am Falls Prevention Exe 31 1-3 GENERATIONAL PATHWAY \$27 9:30 Fall prevention Exercis 28 9:30 High Level Exercise 29 9:30 Pump It Up High Level 30 10:30 Hand Therapy AR 10:30 am Arts & Crafts **WOMEN'S HISTORY MONTH** 10: 30 Arts & Crafts with Barb 10:30 am Seated Tai Chi & Yoga HALLOWEEN CRAFT EVENT 11:30 MEDITATION -The Chapel 10:30 - 3PM EYECARE EXPRESS 1:45 WALMART **2PM HALLOWEEN BIRTHDAY** 1.45 Mahjong in honor of MK MOBILE EYE CLINIC 3 pm Resident Social Tea 1:30 Movie BOOK CLUB **CANADIAN ISLAMIC HISTORY MONTH PARTY WITH TONY THE** 2 pm Sing Along with Patrick 11 am Catholic Communion 4 pm Resident Directed Trivia 3 pm Euchre/Social Tea **ENTERTAINER** 3 pm Social Tea/3 pm Euchre 2 pm Mahjong in honor of MK LATIN AMERICAN HERITAGE MONTH 4 pm Resident Directed Trivia 3 pm Euchre 3:30 Townhall & Food for 6:40 Bridge Club 3 pm Social Tea/3 pm Euchre 6:40 Bridge Club & 3 pm Social Tea & Board Games **Thought Meeting** 4 pm Resident Directed Trivia **Board Games** 4 pm Resident Directed Trivia 4 pm Resident Directed Trivia 6:40 Bridge Club & Board Games 6:40 Bridge Club & Board Games 6:40 Bridge Club & Board Games Halloween **RETIREMENT SUITES BY THE LAKE -**