

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# October 2024



**1:30 SUNDAY MATINEE 6**  
in the Library  
**OLD DADS**

3 pm Resident Social Tea  
4 pm Resident Directed Trivia  
6:40 Bridge Club & Board Games

**HAPPY BIRTHDAY EMIEL V**

9:30 Fall prevention Exer 7  
10: 30 Arts & Crafts  
**1:45 CLIFFCREST PLAZA**  
1:30 PM Destination 101

**Estonia The Baltic Tiger**

3 pm Euchre/ Social Tea  
4 pm Resident Directed Trivia  
6:40 Bridge Club & Board Games

**HAPPY BIRTHDAY PATTI P**

9:30 am High Level Exercise 8  
**10:30 Hand Therapy AR**  
**11:30 MEDITATION - The Chapel**  
**11 am Anglican Service ch**

1.45 Mahjong in honor of  
**2 pm Sing Along with Patrick**  
3 pm Social Tea/3 pm Euchre  
4 pm Trivia  
6:40 Bridge Club & Board Games

9:30 Pump It Up High Level 9  
10:30 am Seated Tai Chi &Yoga  
**2 PM BINGO AR**

3 pm Euchre  
3 pm Resident Social Tea  
4 pm Resident Directed Trivia  
6:40 Bridge Club & Board Games

9:30 am Falls Prevention Exe 10  
10:30 am Table Games with Barb  
**11 am Catholic Communion**  
**11-3:30 SHE'S GOT LEGGS CLOTHING SALE**

2 pm Mahjong in honor of MK  
3 pm Social Tea  
3 pm Euchre  
**4 pm Resident Directed Trivia**  
6:40 Bridge Club & Board Games

9:30 - 10:30 am Balance and Falls Prevention Exercises 11  
**10:30 am Chef Ian's Gemstone Gemboree Show & Tell**  
**2pm DANCING WITH PARKINSONS**

2 pm Mahjong in honor of MK  
3 pm Social Tea/3pm Euchre  
**4 pm Resident Directed Trivia**  
6:40 Bridge club & Board Games  
**Yom Kippur Begins**

9:30 Pump It Up Exercise 12  
10:30 am Hand Therapy  
**11 am SJA Therapy Dog Visit**  
11:30- Tia Chi 12:30 Seated Yoga  
1:30 Individual Exercise  
**2 pm BINGO/3 Pm Social Tea**  
3-4pmPM Travelogue Borneo  
**Kinabatangan River The Amazon of the East - 4pm Trivia**  
6:40 Bridge Club & Board Games

**1-3 GENERATIONAL PATHWAYS BINGO EVENT 13**

3 pm Resident Social Tea  
4 pm Resident Directed Trivia  
6:40 Bridge Club & Board Games  
International Skeptics Day

**2pm MOVIE (library) 14**

**Mixtape**

**HAPPY THANKSGIVING DAY CANADA**

9:30 High Level Exercise 15  
**10:30 Hand Therapy AR**  
**11:30 MEDITATION - The Chapel**  
1.45 Mahjong in honor of MK  
2 pm Sing Along with Patrick  
**3 pm Resident Social Tea**  
3 pm Euchre  
4 pm Trivia  
6:40 Bridge Club & Board Games

9:30 Pump It Up High Level 16  
10:30 am Seated Tai Chi &Yoga  
**2 PM BINGO AR**

3 pm Euchre/3 pm Social Tea  
4 pm Resident Directed Trivia  
6:40 Bridge Club & Board Games

**Sukkot Begins**

9:30 am Falls Prevention Exe 17  
10:30 am Table Games w Barb  
**11 am Catholic Communion**  
**11 AM Service w Rev. David**  
2 pm Mahjong in honor of MK  
3 pm Euchre  
**3:30 Lobby Trivia**  
**4 pm Resident Directed Trivia**  
6:40 Bridge Club & Board Games

9:30 am Falls Prevention Exe 18  
**2 pm DOROTHY CURRIE PERFORMS**

3 pm Resident Social Tea  
3 pm Euchre SS  
**4 pm Resident Directed Trivia**  
6:40 Bridge Club & Table Games

9:30 Pump It Up Exercise 19  
10:30 am Hand Therapy  
**11 am SJA Therapy Dog Visit**  
11:30- TAI CHI/12:30 Yoga  
1:30 Individual Exercise  
**2 pm BINGO/3 Pm Social Tea**  
3-4pmPM Travelogue  
**BORNEO DEATH BLOW**  
**4 pm Resident Directed Trivia**  
6:40 Bridge Club & Board Games

**1:30 SUNDAY MATINEE 20**  
in the Library  
**EAT PRAY LOVE**

3 pm Resident Social Tea  
4 pm Resident Directed Trivia  
6:40 Bridge Club & Board Games  
**HAPPY BIRTHDAY EAMA E**

9:30 Fall prevention Exercise 21  
10: 30 Arts & Crafts with Barb  
**1:45 EGLINTON SQ**  
1:30 PM Destination 101

**Estonia's enchanted islands - Kihnu, Hiiumaa, Saaremaa**

3 pm Euchre/3 pm Social Tea  
4 pm Resident Directed Trivia  
6:40 Bridge Club & Board Games

9:30-10:30 High Level Exer 22  
**10:30 - 11:30 Hand Therapy AR**  
1.45 Mahjong in honor of MK  
**11:30 MEDITATION -The Chapel**  
**2 pm Sing Along with Patrick**  
3 pm Social Tea/3 pm Euchre  
4 pm Resident Directed Trivia  
6:40 Bridge Club & Board Games  
**WE CELEBRATE PURPLE DAY WEAR SOMETHING PURPLE TODAY**

9:30 Pump It Up High Level 23  
10:30 am Seated Tai Chi &Yoga  
**2 PM BINGO AR**

3 pm Euchre  
3 pm Social Tea  
4 pm Resident Directed Trivia  
6:40 Bridge Club & Board Games

9:30 am Falls Prevention Exe 24  
10:30 Table Games with Barb  
**11 am Catholic Communion**  
2 pm Mahjong in honor of MK  
**3 pm New Resident Social Tea**  
3 pm Euchre  
**4 pm Resident Directed Trivia**  
6:40 Bridge Club & Board Games  
**Simchat Torah Begins**

9:30 am Falls Prevention Exe 25  
**10.30 Stay Sharp Fit Minds**  
**2 pm JOE RANKIN PERFORMS**

3 pm Social Tea  
3 pm Euchre  
**4 pm Resident Directed Trivia**  
6:40 Bridge Club & Table Games

9:30 Pump It Up Exercise 26  
10:30 am Hand Therapy  
**11 am SJA Therapy Dog Visit**  
11:30-- TAI CHI /12:30 Yoga  
1:30 -1:30 Individual Exercise  
**2 pm BINGO/3 Pm Social Tea**  
3-4pmPM Travelogue **THE LAST NOMADS OF BORNEO**  
4pm Resident Directed Trivia  
6:40 Bridge Club & Board Games

**1-3 GENERATIONAL PATHWAY 27 HALLOWEEN CRAFT EVENT**

3 pm Resident Social Tea  
4 pm Resident Directed Trivia  
6:40 Bridge Club & Board Games

9:30 Fall prevention Exercis 28  
10: 30 Arts & Crafts with Barb  
**1:45 WALMART**  
**1:30 Movie BOOK CLUB**  
3 pm Euchre/Social Tea  
4 pm Resident Directed Trivia  
6:40 Bridge Club & Board Games

9:30 High Level Exercise 29  
**10:30 Hand Therapy AR**  
**11:30 MEDITATION -The Chapel**  
1.45 Mahjong in honor of MK  
**2 pm Sing Along with Patrick**  
3 pm Social Tea/3 pm Euchre  
3:30 **Townhall & Food for Thought Meeting**  
4 pm Resident Directed Trivia  
6:40 Bridge Club & Board Games

9:30 Pump It Up High Level 30  
10:30 am Seated Tai Chi &Yoga  
**2PM HALLOWEEN BIRTHDAY PARTY WITH TONY THE ENTERTAINER**

3 pm Euchre  
3 pm Social Tea  
4 pm Resident Directed Trivia  
6:40 Bridge Club & Board Games

9:30 am Falls Prevention Exe 31  
10:30 am Arts & Crafts  
**10:30 - 3PM EYECARE EXPRESS MOBILE EYE CLINIC**  
**11 am Catholic Communion**  
2 pm Mahjong in honor of MK  
3 pm Social Tea/3 pm Euchre  
**4 pm Resident Directed Trivia**  
6:40 Bridge Club & Board Games

Halloween

**WOMEN'S HISTORY MONTH**  
**CANADIAN ISLAMIC HISTORY MONTH**  
**LATIN AMERICAN HERITAGE MONTH**