

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2016

Make no bones about it... October is Dyno-mite!

						
2	3	4	5	6	7	8
	9:30 Trivia 10:30 Chairfit A/L Sit and Dance 1:30 Bingo Bonanza at Heritage Place <small>Rosh Hashanah</small>	9:30 Puzzle Time 10:30 Coffee Chat A/L Coffee Chat 2:00 Darren Geddes Performance	10:00 Yoga with Jane 1:30 Frog Toss 2:30 A.V Cloggers	10:00 Chairfit A/L Chairfit 1:30 Thanksgiving Day Crafts	10:00 Music Therapy 2:00 Bingo 3:00 Sit and Dance in A/L games room	
9	10	11	12	13	14	15
	<small>Columbus Day (US) Thanksgiving Day (Canada)</small>	9:30 Jeopardy 10:30 Coffee News A/L Sit and Dance 1:30 Hector's Sing a Long	9:30 Puzzle Time 10:30 Chairfit A/L Resident Council 1:30 Bowling <small>Yom Kippur</small>	10:30 Resident Council A/L Chairfit 2:30 Load up for Bingo Banaza at Heritage Place	9:30 Trivia 10:30 Trinity Church 1:30 Peter Schroeder 3:00 Chairfit	
16	17	18	19	20	21	22
Happy Birthday Peggy	9:30 Trivia 10:30 Chairfit A/L Sit and Dance 1:00 Bus Ride 2:00 Hank Mallon <small>Sukkot</small>	9:30 Jeopardy 10:30 Coffee News A/L Coffee Chat 1:00 Happy Times Tea at United Church	10:00 yoga with Jane 2:00 Darren Geddes Singing for Ron Oberg Birthday Social. Happy Birthday Ron	10:30 Chairfit A/L Chairfit 1:30 Barbara performing for Frances Edgar Birthday Social	10:00 Music Therapy with Dori-Ann 2:00 Bingo 3:30 Trivia	
23	24	25	26	27	28	29
	9:30 Trivia 10:30 Chairfit A/L Sit and Dance 1:30 A.V Fiddlers	9:30 Jeopardy 10:30 Coffee News A/L Coffee News 1:30 Hector's Sing a Long	10:00 Chairfit A/L Chairfit 11:15 Lunch Out 2:30 Floor Curling	9:30 Puzzle Time 10:30 Notre Dame Catholic Church 1:30 Baggo 3:00 Birthday Social for Ben David	9:30 Trivia 10:30 Halloween Craft 1:30 Reach For the Sun Exercise 2:45 Games at Heritage Place	Happy Birthday Arthur
30	31					
	9:30 Trivia 10:30 Chairfit A/L Sit and Dance 2:00 Halloween Party <small>Halloween</small>	Happy Thanksgiving and have a safe and happy Halloween				