



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activities Legend</p> <p>ML= Main Lounge 2D= 2nd Floor Dining Room 3D= 3rd Floor Dining Room SR= 3rd Floor Sun Room GP=Outdoor Garden or Patio</p>	<p>October is Occupational Therapy Month</p>	<p>1 Nat'l Seniors Day Int'l Coffee Day Kick off of Kms 4 Care 10:45 Chair Exercises (2D) 11:15 Fun & Fitness (3D) 2:00 BC Conservatives - David Busch, Meet & Greet (ML) 6:00 1-1 Visits</p>	<p>2 Random Acts of Poetry Day 10:45 Chair Exercises (ML) 11:15 BC NDP – Sarah Riddell, Meet & Greet (ML) 1:30 Chaplain Francis (2D) 2:00 Word Game (ML) 2:30 Chaplain Francis (3D) 3:30 Wandering Spiritual Visits</p>	<p>3 10:45 Yoga Ball Drumming (ML) 11:15 Fun & Fitness (3D) 2:00 Family Feud (ML) 6:00 1-1 Visits</p>	<p>4 Nat'l Cinnamon Roll Day 10:30 Yoga with Shelley (ML) 11:15 Fireside Chat (ML) 11:15 Fun & Fitness (3D) 2:00 Happy Hour – music with Charlie Burton 6:00 Colouring with Aman</p>	<p>5 10:45 Chair Exercises (2D) 11:15 Fun & Fitness (3D) 2:00 Bingo (ML) 6:00 1-1 Visits</p>
<p>6 Fire Prevention Week 10:30 Stream Church Service 11:15 Active Games (3D) 2:00 Armchair Travels – Equador (ML) 2:00 Nail Spa (Salon) 6:00 Hand Massages</p>	<p>7 Nat'l Frappe Day 10:45 Fun & Fitness (ML) 11:15 Active Game (3D) 2:00 Jenga & Frappes! (ML) 6:00 1-1 Visits</p>	<p>8 Nat'l Pierogi Day 10:45 Chair Exercises (ML) 11:15 BC Green Party– Rob Botterell, Meet & Greet (ML) 2:00 Arts & Crafts – Turkey Pot Decorating (ML) 6:00 1-1 Visits</p>	<p>9 Leif Erikson Day 10:45 Chair Exercises (2D) 11:15 Active Game (3D) 2:00 Birthday Party – Music with The Encores 6:00 Mail delivery</p>	<p>10 10:45 Yoga Ball Drumming (ML) 11:15 Fun & Fitness (3D) 2:00 Arts & Crafts – Pumpkin Puzzle Art (ML) 6:00 1-1 Visits</p>	<p>11 11:00 Yoga with Shelley (ML) 11:15 Fun & Fitness (3D) 2:00 Happy Hour – music with Tony Klazek 6:00 1-1 Visits</p>	<p>12 BC Election Voting 10:15- 12:00 (Conference Rm) 11:15 Fun & Fitness (3D) 2:00 Handpan Therapy (ML) 2:00 Storytime (3D) 6:00 1-1 Visits</p>
<p>13 10:30 Stream Church Service 11:15 Active Games (3D) 2:00 Armchair Travels – Equador (ML) 2:00 Fall Leaves Scenic Bus Tour 6:00 Hand Massages</p>	<p>14 Thanksgiving Day Allied Health Professionals Day 10:45 Fun & Fitness (ML) 11:15 Active Game (3D) 2:00 Leaves / Flowers Press Activity (ML) 6:00 1-1 Visits</p>	<p>15 10:45 Chair Exercises (2D) 11:15 Fun & Fitness (3D) 2:00 Musical afternoon with Don't Fret 6:00 1-1 Visits</p>	<p>16 Celebration of Life 10:45 Chair Exercises (2D) 11:15 Active Game (3D) 1:30 Celebration of Life – Chaplain Francis – music with Helen Merritt 6:00 Mail delivery</p>	<p>17 Great Shake Out 10:17 Great Shake Out – Earthquake Drill 10:30 Music Therapy (3D) 1:15 Bell Choir (ML) 2:15 Music Therapy (2D) 3:15 Wandering Music Therapy 6:00 1-1 Visits</p>	<p>18 Health Care Aide Day Person's Day 10:30 Yoga with Shelley (ML) 11:15 Fireside Chat (ML) 11:15 Fun & Fitness (3D) 2:00 Happy Hour – music with Alyssa Klazek 6:00 1-1 Visits</p>	<p>19 10:45 Chair Exercises (2D) 11:15 Fun & Fitness (3D) 2:00 Shuffleboard (ML) 2:00 Autumn Crafts (ML) 6:00 Hand Massages</p>
<p>20 Int'l Chef's Day 10:30 Stream Church Service 11:15 Active Games (3D) 2:00 Armchair Travels – A Chef's Journey (ML) 2:00 Reading Club (SR) 6:00 Hand Massages</p>	<p>21 10:45 Fun & Fitness (ML) 11:15 Active Game (3D) 2:00 Farkel (ML) 2:00 Balloon Toss (3D) 6:00 1-1 Visits</p>	<p>22 10:45 Chair Exercises (2D) 11:15 Fun & Fitness (3D) 2:00 Canning Ring & Rag Sunflowers (ML) 6:00 1-1 Visits</p>	<p>23 10:45 Chair Exercises (2D) 11:15 Active Game (3D) 2:00 Shuffleboard (ML) 6:00 Mail delivery</p>	<p>24 10:30 Music Therapy (3D) 2:15 Music Therapy (2D) 3:15 Wandering Music Therapy 6:00 1 – 1 Visits (2D) Broadmead Communications Dept. Photo Day 9-3</p>	<p>25 Oktoberfest 11:00 Yoga with Shelley (ML) 11:15 Fun & Fitness (3D) 1:15 Resident Meeting (ML) 1:45 Happy Hour – Oktoberfest Celebration – music with Two Among Friends 6:00 1-1 Visits</p>	<p>26 Nat'l Pumpkin Day 10:45 Chair Exercises (2D) 11:15 Fun & Fitness (3D) 2:00 Pumpkin Carving & Decorating (ML) 6:00 Hand Massages</p>
<p>27 10:30 Stream Church Service 11:15 Active Games (3D) 2:00 Pumpkin Carving & Decorating (ML) 6:00 Hand Massages</p>	<p>28 10:45 Fun & Fitness (ML) 11:15 Active Game (3D) 2:00 Fall Carnival & Games (ML) 6:00 1-1 Visits</p>	<p>29 10:45 Chair Exercises (2D) 11:15 Fun & Fitness (3D) 2:00 Halloween Crafts (ML) 6:00 1-1 Visits</p>	<p>30 Non-Profit Day in BC 10:45 Chair Exercises (2D) 11:15 Active Game (3D) 2:00 Halloween Costume Crafts (ML) 6:00 Mail delivery</p>	<p>31 Halloween 10:45 Yoga Ball Drumming (ML) 11:15 Fun & Fitness (3D) 2:00 Halloween Party – music with Barry Eaglestone & Costume Contest 6:00 1-1 Visits</p>		

Activities are subject to change.