













October 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <i>Salon Day</i> 9:30 Exercise 10:30 Strength & Tone 12:00 Picnic 3:00 Spinner 5:00 Social Hour	2 9:30 Exercise 11:30 Lunch @ Simon Pearce 1:30 Foliage Van Ride 5:00 Social Hour	3 <i>FOOT CLINIC</i> 9:30 Exercise 10:30 Strength & Tone 11:30 Fitness Fun 1:30 One on One Visits 3:00 Music with Roger Tatro 5:00 Social Hour	4 9:30 Exercise 11:30 Fitness Fun 1:30 One on One Visits 3:00 Brain Fitness 5:00 Social Hour	5 9:30 Exercise 10:30 Bingo 3:00 Spinner 5:00 Social Hour
6 10:00 Exercise 11:00 Tea 3:00 Movie Matinee 5:00 Social Hour 	7 9:30 Exercise 10:00 Manicures with Michelle 11:30 Fitness Fun 2:00 Food Council Meeting 3:00 Singalong with Martha 5:00 Social Hour	8 <i>Salon Day</i> 9:30 Exercise 10:30 Strength & Tone 12:00 Picnic 2:30 Cooking Club 5:00 Social Hour	9 9:30 Exercise 10:30 Literature Group 11:30 Fitness Fun 1:30 Van Ride 5:00 Social Hour	10 9:30 Exercise 10:30 Strength & Tone 11:30 Fitness Fun 1:30 One on One Visits 3:00 Singalong with Kerry 5:00 Social Hour 	11 9:30 Exercise 11:30 Fitness Fun 1:30 One on One Visits 3:00 Music with Lester Hirsch 5:00 Social Hour	12 9:30 Exercise 10:30 Bingo 3:00 Spinner 5:00 Social Hour 
13 <i>Full Moon</i> 10:00 Exercise 11:00 Tea 3:00 Movie Matinee 5:00 Social Hour 5:15 Vespers 	14 <i>Indigenous People's Day</i> 9:30 Exercise 10:00 Manicures with Michelle 11:30 Fitness Fun 2:00 Sharing the Love with Janice 3:00 Music with Coolie 5:00 Social Hour	15 <i>Salon Day</i> 9:30 Exercise 10:30 Strength & Tone 12:00 Picnic 3:00 Brain Fitness 5:00 Social Hour 	16 <i>Nat'l Bosses Day</i> 9:30 Exercise 10:30 Singalong with Martha 1:30 Foliage Van Ride 5:00 Social Hour	17 9:30 Exercise 10:30 Strength & Tone 11:30 Fitness Fun 1:30 One on One Visits 3:00 Name That Tune 5:00 Social Hour	18 9:30 Exercise 11:30 Fitness Fun 1:30 One on One Visits 3:00 Music by The Occasional Jug Band 5:00 Social Hour	19 9:30 Exercise 10:30 Bingo 3:00 Spinner 5:00 Social Hour 
20 10:00 Exercise 11:00 Tea 3:00 Movie Matinee 5:00 Social Hour 	21 9:30 Exercise 9:30 - 11:30 Flu Shot Clinic 10:00 Manicures with Michelle 11:30 Fitness Fun 3:00 Singalong with Martha 5:00 Social Hour 	22 <i>Salon Day</i> 9:30 Exercise 10:30 Strength & Tone 12:00 Picnic 2:30 Cooking Club 5:00 Social Hour	23 9:30 Exercise 10:30 Literature Group 11:30 Fitness Fun 1:30 One on One Visits 3:00 Brain Fitness 5:00 Social Hour	24 9:30 Exercise 10:30 Strength & Tone 11:30 Fitness Fun 1:30 One on One Visits 2:30 Ceramics with Bruce 5:00 Social Hour	25 9:30 Exercise 11:30 Fitness Fun 1:30 One on One Visits 3:00 Singalong with Kerry 5:00 Social Hour	26 9:30 Exercise 10:30 Bingo 3:00 Spinner 5:00 Social Hour 
27 <i>New Moon</i> 10:00 Exercise 11:00 Tea 3:00 Movie Matinee 5:00 Social Hour 	28 9:30 Exercise 10:00 Manicures with Michelle 11:30 Fitness Fun 2:00 Sharing the Love with Janice 3:00 Jazz Duo 5:00 Social Hour	29 <i>Salon Day</i> 9:30 Exercise 10:30 Strength & Tone 11:15 Resident Council Meeting 12:00 Men's Group Lunch 1:30 One on One Visits 3:00 Crosswords 5:00 Social Hour	30 9:30 Exercise 10:30 Singalong with Martha 1:30 Van Ride 5:00 Social Hour	31 <i>Halloween</i> 9:30 Exercise 10:30 Strength & Tone 11:30 Fitness Fun 1:30 One on One Visits 3:00 Brain Fitness 5:00 Social Hour 