

October 2023



Calendar of Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <u>International Day for Older Persons</u> 9:30am: Calendar Delivery 10am: Virtual Sunday Mass 10:30am: Fall Decorating 2pm: <u>Rosary & Prayer</u> 3pm: Movie Hour 3:30pm: You & Me	2 9:30am: Morning Greetings 10:30am: <u>Exercise with Caesar</u> 1:30pm: <u>Sensory with Pedro</u> 1:30pm: Spa Hour 3pm: Games Hour 6pm: News & Views Talk	3 9:30am: Morning Greetings 10am: <u>Prayers with Gloria</u> 11am: <u>Exercise with Caesar</u> 2pm: You & Me 3:30pm: Fall Colours Strolls 6pm: <u>Chaplin's Meet & Greet Visits</u>	4 <u>Happy Birthday Maria De Melo</u> 9:30am: Morning Greetings 10am: <u>Hallway Bingo - B</u> 2pm: <u>Hallway Bingo - T</u> 3:30pm: Circle of Friends 6pm: Dart Evening 6pm: Pat & Posh Dog Visits	5 9:30am: Morning Greetings 10:30am: <u>Yoga</u> 10:30am: You & Me 1:30pm: <u>Music with Yolanda</u> 3:30pm: <u>Exercise with Ceaser</u>	6 <u>World Smile Day</u> 9:30am: Morning Greetings 10am: Bible Study Group 2pm: You & Me 3:30pm: <u>Exercise with Ceaser</u> 6:00pm: Helping Hands	7 9:30am: Morning Greetings 10am: <u>Hallway Bingo - T</u> 2pm: <u>Hallway Bingo - B</u> 3:30pm: Ted Talks 4pm: You & Me
8 9:30am: Morning Greeting 10am: Virtual Sunday Mass 2pm: <u>Rosary & Prayer</u> 3pm: <u>Travelogue -Rome</u> 3:30pm: Helping Hands	9 <u>Thanksgiving</u> 9:30am: Morning Greetings 10am: <u>Thanksgiving Travelling Card</u> 2pm: Beside Reminiscing 3pm: Balloon Volleyball 6pm: Name that Song	10 <u>World Mental Health Day</u> 9:30am: Morning Greetings 10am: <u>Evangelical Service</u> 11am: <u>Exercise with Caesar</u> 2pm: Java Music Club 3:30pm: Sensory & Relaxation 6:00pm: Spa Hour	11 <u>Diversity Polish Day</u> 9:30am: Morning Greetings 10am: <u>Hallway Bingo - B</u> 2pm: <u>Hallway Bingo - T</u> 3:30pm: Celebrating Poland 6pm: Reminiscing Coffee Hour	12 9:30am: Morning Greetings 10:30am: <u>Yoga</u> 10:30am: You & Me 2pm: Halloween Decorating 2pm: Bedside Visits 3:30pm: <u>Exercise with Ceaser</u>	13 9:30am: Morning Greetings 10am: You & Me 2pm: Falls Colour Strolls 3:30pm: <u>Exercise with Ceaser</u> 6:00pm: Men's Club	14 9:30am: Morning Greetings 10am: <u>Hallway Bingo - B</u> 2pm: <u>Hallway Bingo - T</u> 3:30pm: Ted Talks 4pm: You & Me
15 <u>Happy Birthday Van Cam</u> 9:30am: Morning Greeting 10am: <u>Non-denominational Service</u> 2pm: <u>Rosary & Prayer</u> 3pm: Pop Corn Movie Hour 3:30pm: You & Me	16 9:30am: Morning Greetings 10:30am: <u>Exercise with Ceaser</u> 1:30pm: <u>Sensory with Pedro</u> 1:30pm: You & Me 2pm: <u>Food Committee</u> 3pm: Pub Hour 6pm: Balloon Volleyball	17 9:30am: Morning Greetings 10am: <u>Roman Catholic Mass</u> 11am: <u>Exercise with Caesar</u> 2pm: <u>Resident Council Meeting</u> 3:30pm: Fall Colors Stroll 6pm: Trinity Farmer's Market	18 9:30am: Morning Greetings 10am: <u>Hallway Bingo - T</u> 2pm: <u>Hallway Bingo - B</u> 6pm: Sensory & Relaxion 6pm: Pat & Posh Dog Visits	19 9:30am: Morning Greetings 10:30am: <u>Yoga</u> 10:30am: You & Me 1:30pm: <u>Music with Yolanda</u> 2pm: Games Hour 3:30pm: <u>Exercise with Ceaser</u>	20 9:30am: Morning Greetings 10am: <u>Hand on Exotics</u> 10am: <u>Concerts in Care</u> 2pm: Collage Art 2pm: Hot Chocolate Social 3:30pm: <u>Exercise with Ceaser</u> 6:00pm: Helping Hands	21 9:30am: Morning Greetings 10am: <u>Hallway Bingo - T</u> 2pm: <u>Hallway Bingo - B</u> 3:30pm: Ted Talks 4pm: You & Me
22 9:30am: Morning Greeting 10am: Virtual Sunday Mass 2pm: <u>Rosary & Prayer</u> 3pm: Pop Corn Movie Hour 3:30pm: Helping Hands	23 9:30am: Morning Greetings 10:30am: <u>Exercise with Ceaser</u> 1:30pm: <u>Sensory with Pedro</u> 2pm: Spa Hour 3pm: Halloween Arts & Crafts 6pm: "Name that Song"	24 9:30am: Morning Greetings 10am: <u>Evangelical Service</u> 11am: <u>Exercise with Caesar</u> 2pm: Java Music 3:30pm: Sensory Visits 6pm: Trinity Farmer's Market	25 9:30am: Morning Greetings 10am: <u>Hallway Bingo - B</u> 2pm: <u>Hallway Bingo - T</u> 6pm: Reminiscing Coffee Hour 6pm: Pat & Posh Dog Visits	26 9:30am: Morning Greetings 10:30am: <u>Yoga</u> 10:30am: You & Me 2pm: Bowling 3:30pm: <u>Exercise with Ceaser</u>	27 9:30am: Morning Greetings 10am: <u>Concerts in Care</u> 2pm: Beside Sensory 3:30pm: <u>Exercise with Ceaser</u> 6:00pm: Mens's Club	28 9:30am: Morning Greetings 10am: <u>Hallway Bingo - B</u> 2pm: <u>Hallway Bingo - T</u> 3:30pm: Ted Talks 4pm: You & Me
29 9:30am: Morning Greeting 10am: Virtual Sunday Mass 2pm: <u>Rosary & Prayer</u> 3pm: Travelogue -Israel 3:30pm: You & Me	30 9:30am: Morning Greetings 10:30am: <u>Exercise with Ceaser</u> 1:30pm: <u>Sensory with Pedro</u> 1:30pm: You & Me 3pm: Pub Hour Travelling 6pm: Balloon Volleyball	31 <u>Halloween</u> 9:30am: Morning Greetings 10am: <u>Rosary with Gloria</u> 11am: <u>Exercise with Ceaser</u> 1:30pm: <u>Halloween Birthday Party</u> 6pm: Trinity Farmer's Market	OCTOBER IS HEALTHY WORKPLACE MONTH Oct 1st-International day of Older Persons Oct 1st-7th-Mental Health Awareness day week Oct 3rd-9th-Active Aging Week Oct 6th-Word Smile Day		Oct 9th-Thanksgiving Day Oct 10th -World Mental Health Day Oct 14th-World Hospice & Palliative Care Day Oct 15th-21st -Spiritual Awareness Week Oct 31st- Halloween Day	