

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>1</b> 8:00 Breakfast 9:15 Neighbourhood Time 10:45 Worship Service – TH 11:30 Catholic Communion – TH 12:00 Lunch 1:00 Quiet Time 2:00 Calander Delivery 3:30 Stepping Out 5:00 Dinner	<b>2</b> 8:00 Breakfast 9:15 Neighbourhood Time 10:30 Mini Manicures 12:00 Lunch 1:00 Quiet Time 2:00 Circle of Friends 3:15 Walking Club with PAL 3:30 You & I 5:00 Dinner	<b>3</b> <b>Happy Birthday Kathy!</b> 8:00 Breakfast 10:15 Neighbourhood Time 11:00 You and I 12:00 Lunch 1:00 Quiet Time 2:00 Movie Matinee 3:15 Emma’s Fitness 5:00 Dinner	<b>4</b> 8:00 Breakfast 12:00 Lunch 12:30 Neighbourhood Time 1:00 Quiet Time 3:15 Emma’s Fitness 5:00 Dinner 6:15 Soothing Sensations 7:00 “Jimmy’s Old-Time Radio Show” Entertainment - TH	<b>5</b> <b>National Cheese Pizza Day</b> 8:00 Breakfast 9:15 Neighbourhood Time 10:30 Express Yourself 12:00 Lunch 1:00 Quiet Time 3:30 Pizza Trivia & Facts 5:00 Dinner	<b>6</b> 8:00 Breakfast 9:15 Neighbourhood Time 10:30 Circle of Friends 12:00 Lunch 1:00 Quiet Time 2:00 Hymn Sing Chaplain Rob 3:15 Balloon Volleyball (PAL) 5:00 Dinner	<b>7</b> <b>Happy birthday Patricia M!</b> 8:00 Breakfast 10:15 Neighbourhood Time 11:00 For the Soul 12:00 Lunch 1:00 Quiet Time 2:00 Brains and Banter 3:30 In the Kitchen 5:00 Dinner
<b>8</b> <b>Grandparent’s Day</b> 8:00 Breakfast 10:15 Neighbourhood Time 10:45 Worship Service– TH 11:30 Catholic Communion– TH 12:00 Lunch 1:00 Quiet Time 2:30 Entertainment with Shannon– TH 5:00 Dinner 6:15 For the Soul	<b>9</b> 8:00 Breakfast 9:15 Neighbourhood Time 10:30 You & I 12:00 Lunch 1:00 Quiet Time 3:15 Walking Club with PAL 3:30 Movie Mantee 5:00 Dinner	<b>10</b> <b>Happy Birthday Emma!!</b> 8:00 Breakfast 9:15 Neighbourhood Time 10:00 Java Music 12:00 Lunch 1:00 Quiet Time 2:00 Bingo 3:15 Emma’s Fitness 5:00 Dinner	<b>11</b> 8:00 Breakfast 12:00 Lunch 12:30 Neighbourhood Time 1:00 Quiet Time 2:00 Movie Matinee 3:00 You and I 3:15 Emma’s Fitness 5:00 Dinner 6:15 For the Fun of Fit	<b>12</b> 8:00 Breakfast 9:15 Neighbourhood Time 10:30 Stepping Out 12:00 Lunch 1:00 Quiet Time 2:00 Bingo 3:30 Java Music 5:00 Dinner	<b>13</b> 8:00 Breakfast 10:15 Neighbourhood Time 11:00 Soothing Sensation 12:00 Lunch 1:00 Quiet Time 2:00 Musical Moments 3:30 Circle of Friends 5:00 Dinner	<b>14</b> 8:00 Breakfast 9:15 Neighbourhood Time 10:30 Stepping Out 12:00 Lunch 1:00 Quiet Time 2:30 Entertainment by Rosita Stone– TH 3:30 Express Yourself 5:00 Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>15</b> 8:00 Breakfast 9:15 Neighbourhood Time 10:45 Worship Service – TH 11:30 Catholic Communion – TH 12:00 Lunch 1:00 Quiet Time 2:00 In the Kitchen 3:30 You & I 5:00 Dinner	<b>16</b> 8:00 Breakfast 9:15 Neighbourhood Time 10:30 Mini Manicures 12:00 Lunch 1:00 Quiet Time 2:00 Circle of Friends 3:15 Walking Club with PAL 3:30 Bingo 5:00 Dinner	<b>17</b> 8:00 Breakfast 10:15 Neighbourhood Time 11:00 Brains and Banter 12:00 Lunch 1:00 Quiet Time 2:00 Java Music 3:15 Emma’s Fitness 3:30 For the Fun of it 5:00 Dinner	<b>18</b> 8:00 Breakfast 12:00 Lunch 2:00 Pub Cart 2:30 Entertainment with Country Kenny 3:30 You & I 5:00 Dinner 6:30 Movie Mantee	<b>19</b> 8:00 Breakfast 9:15 Neighbourhood Time 10:30 Stepping Out 11:45 Bus Outing to Swiss Chalet (\$) 12:00 Lunch 1:00 Quiet Time 3:30 Bingo 5:00 Dinner	<b>20</b> 8:00 Breakfast 8:00 Emma’s Breakfast Club (Sign-Up) 9:15 Neighbourhood Time 10:00 Catholic Mass-TH 11:00 Express Your Self 12:00 Lunch 1:00 Quiet Time 2:00 Musical Moments 3:15 Balloon Volleyball (PAL) 5:00 Dinner	<b>21</b> <b>World Alzheimer Day</b> <b>Wear Purple Today</b> 8:00 Breakfast 10:15 Neighbourhood Time 11:00 For The Soul 12:00 Lunch 1:00 Quiet Time 2:00 Circle of Friends 3:30 Stepping Out 5:00 Dinner
<b>22</b> 8:00 Breakfast 10:45 Worship Service – TH 11:30 Catholic Communion – TH 12:00 Lunch 1:00 Quiet Time 2:00 For the Fun of Fit 3:30 You and I 5:00 Dinner 6:15 Soothing Sensation	<b>23</b> <b>Oktoberfest Begins</b> 8:00 Breakfast 9:15 Neighbourhood Time 10:30 Mini Manicures 12:00 Lunch 1:00 Quiet Time 2:00 Java Music 3:30 Bingo 5:00 Dinner	<b>24</b> <b>Arts &amp; Aging Day</b> <b>Happy Birthday Noel!</b> 8:00 Breakfast 9:15 Neighbourhood Time 12:00 Lunch 1:00 Quiet Time 2:00 Happy Hour Cart 3:30 In the Kitchen 5:00 Dinner	<b>25</b> 8:00 Breakfast 9:15 Neighbourhood Time 12:00 Lunch 1:00 Quiet Time 2:00 Stepping out <b>2:30 Celebration of Life- TH</b> 2:30 For the Soul 5:00 Dinner 6:15 Movie Mantee	<b>26</b> 8:00 Breakfast 9:15 Neighbourhood Time 10:30 Circle of Friends 12:00 Lunch 12:00 Ruby Lunch Outing (\$) 1:00 Quiet Time 3:30 Stepping Out 5:00 Dinner	<b>27</b> 8:00 Breakfast 10:15 Neighbourhood Time 10:45 Express Your Self 12:00 Lunch 1:00 Quiet Time 2:00 For the Fun of It 3:15 Bingo 5:00 Dinner	<b>28</b> 8:00 Breakfast 9:15 Neighbourhood Time 10:30 For the Soul 12:00 Lunch 1:00 Quiet Time 2:00 You and I 3:30 In the Kitchen 5:00 Dinner

Sunday	Monday
<p><b>29</b>  <b>World Heart Day</b>  8:00 Breakfast  9:15 Neighbourhood Time  10:45 Worship Service – TH  11:30 Catholic Communion – TH  12:00 Lunch  1:00 Quiet Time  2:00 Bingo  3:30 You &amp; I  5:00 Dinner</p>	<p><b>30</b>  <b>National Day for Truth and Reconciliation</b>  <b>Wear your Orange Shirt</b>  8:00 Breakfast  9:15 Neighbourhood Time  10:30 You &amp; I  12:00 Lunch  1:00 Quiet Time  2:00 Java Music  3:30 Express Yourself  5:00 Dinner</p>

