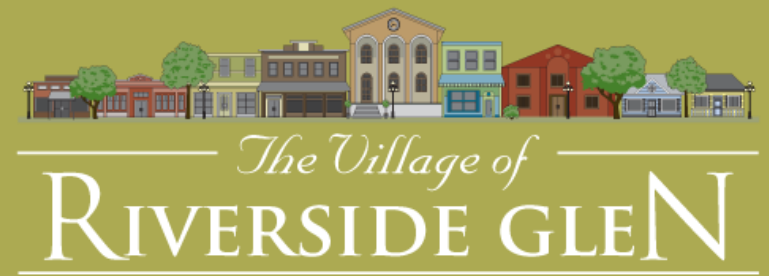




October 2024

Emma's



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:00 Breakfast 10:00 Neighbourhood Time 11:00 Brains and Banter 12:00 Lunch 2:00 Hymn Sing 3:00 Fitness with Melissa 5:00 Dinner 6:30 You and Me	2 8:00 Breakfast 10:30 Songbirds Choir 12:00 Lunch 2:00 Fitness with Melissa 3:00 Church Service 4:00 Calendar Planning 5:00 Dinner 6:30 Soothing Sensations	3 8:00 Breakfast 10:00 Neighbourhood Time 11:00 Walking Club with Melissa 12:00 Lunch 2:00 Musical Moments 3:30 You and Me 5:00 Dinner 6:30 Movie Night	4 8:00 Breakfast 10:00 Neighbourhood Time 10:30 In the Kitchen 12:00 Lunch 2:00 Circle of Friends 3:30 Café Cart 5:00 Dinner 6:30 You and Me	5 8:00 Breakfast 10:00 Morning Movie 11:00 Soothing Sensations 12:00 Lunch 2:00 Circle of Friends 3:30 Fitness with Melissa 5:00 Dinner
6 8:00 Breakfast 10:00 Church Service 11:00 Brains and Banter 12:00 Lunch 2:00 Musical Moments 3:30 You and Me 5:00 Dinner	7 8:00 Breakfast 10:00 RC Communion 11:00 Brains and Banter 12:00 Lunch 2:00 Entertainment with James 3:30 Hope for the Heart 5:00 Dinner 6:30 You and Me	8 8:00 Breakfast 10:00 Neighbourhood Time 11:00 Circle of Friends 12:00 Lunch 2:00 Hymn Sing 3:00 Fitness with Melissa 5:00 Dinner 6:30 You and Me	9 8:00 Breakfast 10:30 Songbirds Choir 12:00 Lunch 2:00 Fitness with Melissa 3:00 Church Service 5:00 Dinner 6:30 Soothing Sensations	10 8:00 Breakfast 10:00 Neighbourhood Time 11:00 Walking Club with Melissa 12:00 Lunch 2:00 Music with Wendy 3:30 You and Me 5:00 Dinner 6:30 Movie Night	11 8:00 Breakfast 10:00 Neighbourhood Time 10:30 Express Yourself 12:00 Lunch 2:00 Circle of Friends 3:30 Happy Hour Cart 5:00 Dinner 6:30 You and Me	12 8:00 Breakfast 10:00 Morning Movie 11:00 For the Fun of Fit 12:00 Lunch 2:00 Neighbourhood Time 3:30 Java Music 5:00 Dinner
13 8:00 Breakfast 10:00 Church Service 11:00 Circle of Friends 12:00 Lunch 2:00 Neighbourhood Time 3:30 You and Me 5:00 Dinner	14 Thanksgiving 8:00 Breakfast 10:00 Neighbourhood Time 11:00 Circle of Friends 12:00 Lunch 2:00 For the Fun of Fit 3:30 Express Yourself 5:00 Dinner 6:30 You and Me	15 8:00 Breakfast 10:00 Neighbourhood Time 11:00 Brains and Banter 12:00 Lunch 2:00 Entertainment with Aidan 3:00 Fitness with Melissa 5:00 Dinner 6:30 You and Me	16 8:00 Breakfast 10:30 Songbirds Choir 12:00 Lunch 2:00 Fitness with Melissa 3:00 Church Service 5:00 Dinner 6:30 Soothing Sensations	17 8:00 Breakfast 10:00 Neighbourhood Time 11:00 Walking Club with Melissa 12:00 Lunch 2:00 Neighbourhood Time 5:00 Dinner	18 8:00 Breakfast 10:00 Neighbourhood Time 10:30 In the Kitchen 12:00 Lunch 2:00 Apple Picking Outing 3:30 Emma's Birthday Treats 5:00 Dinner 6:30 You and Me	19 8:00 Breakfast 10:00 Morning Movie 11:00 Soothing Sensations 12:00 Lunch 2:00 Circle of Friends 3:30 Fitness with Melissa 5:00 Dinner
20 8:00 Breakfast 10:00 Church Service 11:00 Brains and Banter 12:00 Lunch 2:00 Musical Moments 3:30 You and Me 5:00 Dinner	21 8:00 Breakfast 10:00 RC Communion 11:00 Brains and Banter 12:00 Lunch 2:00 Circle of Friends 3:30 Hope for the Heart 5:00 Dinner 6:30 You and Me	22 8:00 Breakfast 10:00 Neighbourhood Time 11:00 Circle of Friends 12:00 Lunch 2:30 Memorial Service 5:00 Dinner 6:30 You and Me	23 8:00 Breakfast 10:30 Songbirds Choir 12:00 Lunch 2:00 Fitness with Melissa 3:00 Church Service 5:00 Dinner 6:30 Soothing Sensations	24 8:00 Breakfast 10:00 Neighbourhood Time 11:00 Walking Club with Melissa 12:00 Lunch 2:00 Music with Wendy 3:30 You and Me 5:00 Dinner 6:30 Movie Night	25 8:00 Breakfast 10:00 Neighbourhood Time 10:30 In the Kitchen 12:00 Lunch 1:00 Dance Party with Hilda 3:30 Express Yourself 5:00 Dinner 6:30 You and Me	26 8:00 Breakfast 10:00 Morning Movie 11:00 For the Fun of Fit 12:00 Lunch 2:00 Neighbourhood Time 3:30 Java Music 5:00 Dinner
27 8:00 Breakfast 10:00 Church Service 11:00 Circle of Friends 12:00 Lunch 2:00 Neighbourhood Time 3:30 You and Me 5:00 Dinner	28 8:00 Breakfast 10:00 Neighbourhood Time 11:00 Circle of Friends 12:00 Lunch 2:00 Birthday Social: The Beatlest 3:30 Express Yourself 5:00 Dinner 6:30 You and Me	29 8:00 Breakfast 10:00 Neighbourhood Time 11:00 Brains and Banter 12:00 Lunch 2:00 Hymn Sing 3:00 Fitness with Melissa 5:00 Dinner 6:30 You and Me	30 8:00 Breakfast 10:00 Neighbourhood Time 10:30 Roman Catholic Mass 12:00 Lunch 2:00 Fitness with Melissa 3:00 Church Service 5:00 Dinner 6:30 Soothing Sensations	31 Halloween 8:00 Breakfast 10:00 Neighbourhood Time 11:00 Walking Club with Melissa 12:00 Lunch 2:00 Halloween Party 3:30 You and Me 5:00 Dinner 6:30 Movie Night		