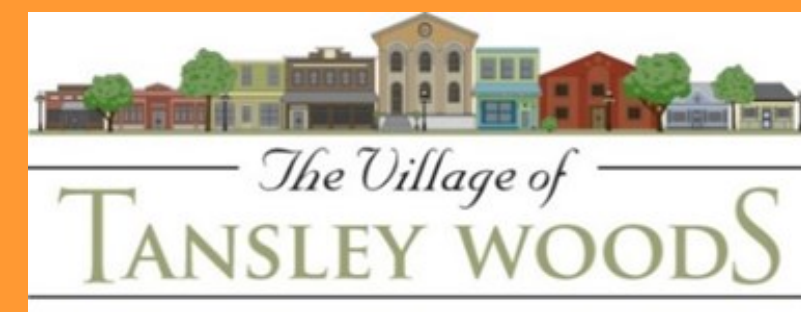




October 2024

Emma's West Neighbourhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays Rupinder Oct 23 Sheelagh Oct 24 Ross Oct 28 Otilie Oct 31		1 8:00 Breakfast 12:00 Lunch 2:00 Stepping Out 3:30 Musical Moments 5:00 Dinner 6:00 Brains and Banter 7:00 You and Me	2 8:00 Breakfast 9:30 Java Time 10:30 Art Workshop 12:00 Lunch 1:30 Exercise Class 2:30 Brains and Banter 3:30 Circle of Friends 5:00 Dinner	3 8:00 Breakfast 9:30 Neighbourhood Time 10:30 You and Me 12:00 Lunch 2:15 For the Fun of Fit 3:30 Circle of Friends 5:00 Dinner	4 8:00 Breakfast 10:00 Soothing Sensations 11:00 Circle of Friends 12:00 Lunch 2:30 Oktoberfest Party 3:45 Musical Moments 5:00 Dinner	5 8:00 Breakfast 12:00 Lunch 1:30 Church Service 2:15 For the fun of Fit 3:30 Chocolate Bingo 5:00 Dinner
6 8:00 Breakfast 10:00 Neighborhood Time 11:15 For the Soul 12:00 Lunch 2:30 For the fun of Fit 3:30 Stepping Out 5:00 Dinner	7 8:00 Breakfast 10:00 Neighbourhood Time 12:00 Lunch 1:45 Exercise Class 2:30 Brains and Banter 3:30 For the Fun of Fit 5:00 Dinner	8 8:00 Breakfast 9 8:00 Breakfast 9:30 Neighbourhood Time 10:30 Brains and Banter 12:00 Lunch 2:00 Stepping Out 3:30 For the Fun of Fit 5:00 Dinner	9 8:00 Breakfast 9:30 Java Time 10:30 Art Workshop 12:00 Lunch 1:30 Exercise Class 2:30 Brains and Banter 3:30 Circle of Friends 5:00 Dinner	10 8:00 Breakfast 9:30 Neighbourhood Time 10:30 You and Me 12:00 Lunch 2:15 For the Fun of Fit 3:00 Live Entertainment 5:00 Dinner	11 8:00 Breakfast 10:00 Soothing Sensations 11:00 Circle of Friends 12:00 Lunch 2:30 Wine & Cheese 3:45 Musical Moments 5:00 Dinner	12 8:00 Breakfast 10:00 Circle of Friends 12:00 Lunch 1:30 Church Service 2:15 Express Yourself 3:30 Chocolate Bingo 5:00 Dinner
13 8:00 Breakfast 10:00 Neighborhood Time 11:15 For the Soul 12:00 Lunch 2:30 For the fun of Fit 3:30 Stepping Out 5:00 Dinner	14 Thanksgiving 8:00 Breakfast 12:00 Lunch 1:45 Exercise Class 2:30 Brains and Banter 3:30 For the Fun of Fit 5:00 Dinner 6:15 Stepping Out	15 8:00 Breakfast 12:00 Lunch 1:30 Scenic Drive 5:00 Dinner 6:00 Brains and Banter 7:00 You and Me	16 8:00 Breakfast 9:30 Neighbourhood Time 10:30 Art Workshop 12:00 Lunch 1:30 Exercise Class 2:30 Brains and Banter 3:30 Circle of Friends 5:00 Dinner	17 8:00 Breakfast 9:30 Neighbourhood Time 10:30 You and Me 12:00 Lunch 2:15 For the Fun of Fit 3:30 Circle of Friends 5:00 Dinner	18 8:00 Breakfast 9:30 Stepping Out 10:00 Neighbourhood Time 12:00 Lunch 2:30 Tea Party 3:45 Musical Moments 5:00 Dinner	19 8:00 Breakfast 12:00 Lunch 1:30 Church Service 2:15 Live Entertainment: (Main Floor) 3:30 Chocolate Bingo 5:00 Dinner
20 8:00 Breakfast 12:00 Lunch 2:15 For the Fun of Fit 3:00 Café Time 4:00 Brains and Banter 5:00 Dinner 6:15 You and Me	21 8:00 Breakfast 10:30 Mother Goose 12:00 Lunch 1:45 Exercise Class 2:30 Brains and Banter 3:30 For the Fun of Fit 5:00 Dinner	22 8:00 Breakfast 9:30 Neighbourhood Time 11:00 For the Fun of Fit 12:00 Lunch 2:30 Birthday Party 3:30 Musical Moments 5:00 Dinner 6:00 Brains and Banter 7:00 You and Me	23 8:00 Breakfast 9:30 Java Time 10:30 Art Workshop 12:00 Lunch 1:30 Exercise Class 2:30 Brains and Banter 3:30 Circle of Friends 5:00 Dinner	24 8:00 Breakfast 9:30 Neighbourhood Time 10:30 You and Me 12:00 Lunch 2:15 For the Fun of Fit 3:30 Circle of Friends 5:00 Dinner	25 8:00 Breakfast 10:00 Soothing Sensations 11:00 Circle of Friends 12:00 Lunch 2:00 Stepping Out 3:45 Musical Moments 5:00 Dinner	26 8:00 Breakfast 10:00 Circle of Friends 12:00 Lunch 1:30 Church Service 2:15 For the fun of Fit 3:30 Chocolate Bingo 5:00 Dinner
27 8:00 Breakfast 10:00 Neighborhood Time 11:15 For the Soul 12:00 Lunch 2:30 For the fun of Fit 3:30 Stepping Out 5:00 Dinner	28 8:00 Breakfast 12:00 Lunch 1:45 Exercise Class 2:30 Brains and Banter 3:30 For the Fun of Fit 5:00 Dinner 6:15 Stepping Out	29 8:00 Breakfast 12:00 Lunch 2:00 Stepping Out 3:30 Musical Moments 5:00 Dinner 6:00 Brains and Banter 7:00 You and Me	30 8:00 Breakfast 9:30 Java Time 10:30 Art Workshop 12:00 Lunch 1:30 Exercise Class 2:15 Brains and Banter 3:00 Neighbourhood Time 5:00 Dinner	31 Halloween 8:00 Breakfast 9:30 Neighbourhood Time 10:30 You and Me 12:00 Lunch 2:15 Stepping Out 5:00 Dinner		