

OCTOBER

COLCHESTER

Step into Sockoctober

20 Meals in 20 Days

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Nova & Amy 10:00 Pancake Breakfast 10:30 Walk & Roll 11:00 Conversation Cards 2:00 PAL Fitness 3:00 Zumba 3:30 1:1 Visits	2 Nova & Amy 9:30 Trivia 10:30 Horse Races 1:30 Coloring Club 2:30 Java Music 3:30 1:1 Visits	3 9:30 Movement Bingo 10:30 Village Choir 11:30 Neighbourhood Time 1:30 Music Trivia 2:30 Music with Joe	4 Nova 9:30 1:1 Visits 10:30 Entertainment 1:30 Fall Craft 2:30 Jumbo Board Game 3:30 Jewelry Making
5 Nova 9:30 Virtual church 9:40 Fitness 10:00 Morning Manicures 1:30 Tower Bingo 3:30 1:1 Visits	6 Nova Late 1:30 1:1 Visits 2:00 PAL Fitness 3:30 Board Games 6:30 Celebration of life	7 Amy Late 10:30 Anglican Service 10:30 Culture Connect 1:30 For the Soul 2:30 Connect Four 3:30 Story Time 6:15 Java time	8 Nova & Amy 9:30 Neighbourhood Time 10:30 Walk & Roll 11:00 Service with Rev Elise 1:30 2:00 PAL Fitness 3:00 Zumba	9 Nova 9:30 Ball Toss 10:30 Coloring Club 1:30 Sorry! Game 2:30 Word Games 3:30 1:1 Visits	10 Nova & Amy 9:30 Movement Bingo 10:30 Catholic Mass 1:30 Egg Trivia 2:30 Music with Joe 3:30 All About You	11 Amy 9:00 Neighbourhood Time 10:30 Entertainment 1:30 Painting Pals 3:00 Brains & Banter
12 Amy 10:00 Morning Prayers & Stories 11:00 Hymn Sing 2:30 Village Games 3:30 Brains & Banter Thanksgiving Trivia	13 Nova Late Happy Thanksgiving! 1:30 Thanksgiving Craft 2:00 PAL Fitness 3:30 Word Games 6:00 Wonderland Social on A'Burg	14 Nova & Amy 9:30 Morning Fitness 10:30 Fall Craft 1:30 For the Soul 2:30 Walk & Roll 3:30 Jewelry Making 6:00 Baking	15 Nova & Amy 9:30 Halloween Decorating 10:30 Walk & Roll 11:00 Service with Rev Elise 2:00 PAL Fitness 3:00 Zumba 6:00 Parkwood Service	16 Nova & Amy 9:30 Cards 10:30 Fitness 1:30 Pumpkin Target Game 2:30 Word Games 3:30 1:1 Visits	17 Amy 9:30 Movement Bingo 10:30 Village Choir 10:30 Collage Creation 1:30 Music Trivia 2:30 Music with Joe 3:30 Pasta Trivia	18 Nova 9:30 1:1 Visits 10:30 Entertainment 1:30 Conversation Cards 2:30 Snack Social 3:30 Mainstreet walks
19 Nova 9:30 Virtual Church 9:40 Fitness 10:00 Morning Manicures 1:30 Tower Bingo 3:30 1:1 Visits	20 Nova & Amy 1:30 1:1 Visits 2:00 PAL Fitness 2:30 Horse Racing 6:00 Java Music	21 Amy Late 1:30 Seamus the Storyteller 1:30 For The Soul 2:30 Ball Toss 3:30 Story Time 6:15 Java Time	22 Nova & Amy 9:30 Walk & Roll 11:00 Service with Rev Elise 1:30 Diwali On Mainstreet 2:00 PAL Fitness 3:00 Zumba 6:00 Pub Night	23 Nova 9:30 UNO! 10:30 Fitness 1:30 Pumpkin Target Game 2:30 Word Games 3:30 1:1 Visits	24 Nova & Amy 9:30 Movement Bingo 10:30 Crafty Creations 1:30 Music Trivia 2:30 Music with Joe 3:30 Pasta Trivia 3:00 Bracelet Making	25 Amy 9:00 Neighbourhood Time 10:30 Entertainment 1:30 Painting Pals 3:00 Popular Pumpkins
26 Amy 10:00 Morning Prayers & Stories 11:00 Hymn Sing 1:30 Children's Halloween Parade 3:30 Brains & Banter	27 Nova Late 1:30 Afternoon Walks 2:00 PAL Fitness 3:30 Word Games 6:00 Java Music	28 Nova & Amy 9:30 Therapeutic Coloring 10:00 Horse Racing Game 1:30 Resident's Council 1:30 For The Soul 2:30 Ball Toss 6:00 Baking	29 Nova & Amy 10:30 Walk & Roll 10:30 Culture Connect 11:00 Service with Rev Elise 1:30 TLC Animal Day 2:00 PAL Fitness 3:00 Zumba	30 Nova & Amy 9:30 Neighbourhood Time 10:00 Baking 1:30 Halloween Dance Party 3:30 1:1 Visits	31 Amy Halloween 9:30 Movement Bingo 10:30 Ghostly Stories 1:30 Halloween Trivia 2:30 Music with Joe 3:30 Brains and Banter	