



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>1</p> <p>10:00 Short Film 11:00 Hangouts & Walk-about 1:30 Lift Your Spirits 3:00 Walks and Talks</p>	<p>2</p> <p>10:30 Sensory & 1:1 Visits 11:00 Anglican Church Hymn Sing 3:30 Jammin with John</p>	<p>3</p> <p>10:30 Fitness with Rosemary 1:30 Live Music with Avril & Ron 3:00 Walks & Talks 5:50 Twilight Time with Jocelyn</p>	<p>4</p> <p>10:00 Sing-A-Long 11:00 Sensory & 1:1 visits 1:30 Art with Heidi (IVL) 3:00 Read, Walk, Reminisce 5:50 Twilight Time with Jocelyn</p>	<p>5</p> <p>10:30 Fitness with Rosemary 11:00 1:1 Get to Know You 1:30 Music & Memories 3:30 Music with Christy 5:50 Twilight Time with Jocelyn</p>	<p>6</p> <p>10:00 Science & Nature 11:00 1:1 Get to Know You 1:30-3:30 Adopt-A-Senior Program</p>	<p>7</p> <p>10:00 Big Screen Concert 11:00 Sensory & 1:1 visits 1:30 Boredom Busters 3:00 Walks and Talks</p> <p>Simchat Torah Begins</p>
<p>8</p> <p>10:00 Short Film 11:00 Hangouts & Walk-about 1:30 Lift Your Spirits 3:00 Walks and Talks</p>	<p>9</p> <p>10:30 Big Screen Arts 11:00 Sensory & 1:1 1:30 Thanksgiving Games and Trivia 3:00 Walks and Talks 5:50 Twilight Time</p> <p>Indigenous Peoples' Day Thanksgiving Day (Canada)</p>	<p>10</p> <p>10:30 Fitness with Rosemary 1:30 Cranium Crunches 3:00 Walks & Talks 5:50 Twilight Time with Jocelyn</p>	<p>11</p> <p>10:00 Sing-A-Long 11:00 Sensory & 1:1 visits 1:30 Art (IVL) 3:00 Read, Walk, Reminisce 5:50 Twilight Time with Jocelyn</p>	<p>12</p> <p>10:30 Fitness with Rosemary 11:00 1:1 Get to Know You 1:30 Music & Memories 3:00 Big Screen Movie 5:50 Twilight Time with Jocelyn</p>	<p>13</p> <p>10:00 Science & Nature 11:00 1:1 Get to Know You 1:30 Armchair Travel 3:00 Sensory & 1:1</p>	<p>14</p> <p>10:00 Big Screen Concert 11:00 Sensory & 1:1 visits 1:30 Boredom Busters 3:00 Walks and Talks</p>
<p>15</p> <p>10:00 Short Film 11:00 Hangouts & Walk-about 1:30 Lift Your Spirits 3:00 Walks and Talks 5:50 Twilight Time with Jocelyn</p>	<p>16</p> <p>10:30 Big Screen Arts & Culture 2:30 Creating Music with Linda 3:30 Walks and Talks 5:50 Twilight Time with Jocelyn</p>	<p>17</p> <p>10:30 Fitness with Rosemary 1:30 Live Music with Avril & Ron 3:00 Walks & Talks 5:50 Twilight Time with Jocelyn</p>	<p>18</p> <p>10:00 Sing-A-Long 11:00 Sensory & 1:1 visits 1:30 Art (IVL) 3:30 Jammin with John 5:50 Twilight Time with Jocelyn</p>	<p>19</p> <p>10:30 Fitness with Rosemary 11:00 1:1 Get to Know You 1:30 Music & Memories 3:00 Big Screen Movie</p>	<p>20</p> <p>10:00 Science & Nature 11:00 1:1 Get to Know You 1:30-3:30 Adopt-A-Senior Program</p>	<p>21</p> <p>10:00 Big Screen Concert 11:00 Sensory & 1:1 visits 1:30 Boredom Busters 3:00 Walks and Talks 5:50 Twilight Time with Jocelyn</p>
<p>22</p> <p>10:00 Short Film 11:00 Hangouts & Walk-about 1:30 Lift Your Spirits 3:00 Walks and Talks 5:50 Twilight Time with Jocelyn</p>	<p>23</p> <p>10:30 Big Screen Arts & Culture 2:30 Creating Music with Linda 3:30 Walks and Talks 5:50 Twilight Time with Jocelyn</p>	<p>24</p> <p>10:30 Fitness with Rosemary 1:30 Cranium Crunches 3:00 Walks & Talks 5:50 Twilight Time with Jocelyn</p>	<p>25</p> <p>10:00 Sing-A-Long 11:00 Sensory & 1:1 visits 1:30 Art (IVL) 3:00 Read, Walk, Reminisce</p>	<p>26</p> <p>10:30 Fitness with Rosemary 11:00 1:1 Get to Know You 1:30 Music & Memories 2:45 Pumpkin Pie Party! 3:00 Big Screen Movie</p>	<p>27</p> <p>10:00 Science & Nature 11:00 Residents Council Meeting 1:30-3:30 Adopt-A-Senior Program 2:45 Monthly B-Day cake 5:50 Twilight Time with Jocelyn</p>	<p>28</p> <p>10:00 Big Screen Concert 11:00 Sensory & 1:1 visits 1:30 Boredom Busters 3:00 Walks and Talks 5:50 Twilight Time with Jocelyn</p>
<p>29</p> <p>10:00 Short Film 11:00 Hangouts & Walk-about 1:30 Lift Your Spirits 3:00 Walks and Talks 5:50 Twilight Time with Jocelyn</p>	<p>30</p> <p>10:30 Big Screen Arts & Culture 2:30 Creating Music with Linda 3:30 Walks and Talks 5:50 Twilight Time with Jocelyn</p>	<p>31</p> <p>10:30 Fitness with Rosemary Halloween Fun 1:30 Live Music with Avril & Ron 3:00 Walks & Talks</p> <p>Happy Halloween</p>	<h1>October 2023</h1>			