



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>October 2024</h1>		1 11:00 <u>Fitness with Viv</u>	2 11:00 Intergenerational Mother Goose Program 2:00 BINGO! <small>Rosh Hashanah Begins</small>	3 1:30 <u>Activity with Heidi</u>	4 10:30 Meet The Candidates! 2:00 Games with Arnica 2:30 Happy Hour	5 2:00 BINGO!
6 11:15 Seated Tai chi with Viv 2:00 Movie or Mini Series	7 1:30 <u>Music with Kai</u>	8 11:00 <u>Fitness with Viv</u>	9 11:00 Intergenerational Mother Goose Program 2:00 BINGO! 2:30 Pumpkin Pie!	10 1:30 <u>Activity with Heidi</u>	11 2:00 Games with Arnica	12 2:00 BINGO!
13 11:15 Seated Tai chi with Viv 2:00 Movie or Mini Series	14 1:30 <u>Music with Kai</u> <small>Indigenous Peoples' Day Thanksgiving Day (Canada)</small>	15 11:00 <u>Fitness with Viv</u>	16 11:00 Intergenerational Mother Goose Program 1:30 Arm Chair Travel with Susannah " "	17 1:30 <u>Activity with Heidi</u>	18 2:00 Games with Shirley	19 2:00 BINGO!
20 11:15 Seated Tai chi with Viv 2:00 Movie or Mini Series	21 1:30 <u>Music with Kai</u>	22 11:00 <u>Fitness with Viv</u>	23 11:00 Intergenerational Mother Goose Program 2:00 BINGO!	24 1:30 <u>Activity with Heidi</u> <small>Simchat Torah Begins</small>	25 2:00 Games with Shirley	26 2:00 BINGO!
27 11:15 Seated Tai chi with Viv 2:00 Movie or Mini Series	28 1:30 <u>Music with Kai</u>	29 11:00 <u>Fitness with Viv</u> 1:30 <u>Resident Council Meeting</u>	30 11:00 Intergenerational Mother Goose Program 2:00 BINGO!	31 1:30 <u>Activity with Heidi</u> 1:00 <u>Monthly Birthday cake</u> <small>Halloween</small>		

BRAEHAVEN RECREATION CALENDAR 2024

*ALL PROGRAMS SUBJECT TO CHANGE