

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Event Monthly Program Bi-Monthly Program October 2026				1 10:30 Fitness with Viv 1:30 Henry(sax) Grace(piano) & Ian(bass) Perform 3:00 Walks & Talks/ Busy Hands 5:45 Twilight Time with	2 10:30 Nature Program 1:30- Fun and Games 3:00 Walks & Talks/ Busy Hands 5:45 Twilight Time with Shirley	3 1:30 Boredom Busters 3:00 Walks & Talks/ Busy Hands 5:45 Twilight Time with Shirley
4 10:30 Fitness with Viv 1:30 Lift Your Spirits 3:00 Walks,Talks/ Busy Hands	5 10:30 Jammin with John 1:30 Fun and Games 3:00 Walks & Talks/ Busy Hands	6 10:30 Movin' & Groovin' 1:30 Tunes with Avril & Friends 3:00 Walks,Talks/ Busy Hands 5:45 Twilight Time with Shirley	7 10:30 Chair Tai chi 1:30 Trivia 2:30 Guitar with Donna 3:00 Walks & Talks/ Busy Hands 5:45 Twilight Time with Shirley	8 10:30 Fitness with Viv 1:30 Grace(piano) Chris(Drums) Iain(Bass) Perform 3:00 Walks & Talks/ Busy Hands 5:45 Twilight Time with Shirley	9 10:30 Nature Program 1:30-3:30 Adopt-A-Senior Program 3:00 Busy Hands 5:45 Twilight Time with Shirley	10 10:30 Morning Discussion 2:00 Poetry Cafe 3:00 Walks & Talks/ Busy Hands
11 10:30 Fitness with Viv 1:30 Lift your Spirit 3:00 Walks,Talks/ Busy Hands	12 10:30 Jammin with John (GL) 11:00 Hymn Sing 1:30 Thanksgiving Fun 3:00 Walks & Talks/ Busy Hands 5:45 Twilight Time with Shirley Thanksgiving Day (Canada)	13 10:30 Movin & Groovin 1:30 BINGO! 3:00 Walks,Talks/ Busy Hands 5:45 Twilight Time with Shirley	14 10:30 Chair Tai chi 1:30 Word Minning 2:30 Guitar with Donna 3:00 Walks & Talks/ Busy Hands 5:45 Twilight Time with Shirley	15 10:30 Fitness with Viv 1:30 Music and Music Makers 3:00 Walks & Talks/ Busy Hands 5:45 Twilight Time with Shirley	16 10:30 Nature Program 1:30- K-Tones Perform 3:00 Walks & Talks/ Busy Hands	17 10:30 Morning Discussion 1:30 Boredom Busters 3:00 Walks & Talks/ Busy Hands
18 10:30 Fitness with Viv 1:30 Lift Your Spirits 3:00 Walks,Talks/ Busy Hands 5:45 Twilight Time with Shirley	19 10:30 Jammin with John 1:30 Fun & Games 3:00 Walks & Talks/ Busy Hands 5:45 Twilight Time with Shirley	20 10:30 Movin' & Groovin' 1:30 Tunes with Avril & Friends 3:00 Walks & Talks/ Busy Hands 5:45 Twilight Time with Shirley	21 10:30 Chair Tai chi 1:30 Music Trivia 2:30 Guitar with Donna 3:00 Walks & Talks/ Busy Hands 5:45 Twilight Time with Shirley	22 10:30 Fitness with Viv 1:30 Music and Music Makers 3:00 Walks & Talks/ Busy Hands	23 10:30 Sue on Science 1:30-3:30 Adopt-A-Senior Program	24 10:30 Morning Discussion 1:30 Boredom Busters 3:00 Walks & Talks/ Busy Hands 5:45 Twilight Time with Shirley
25 10:30 Fitness with Viv 1:30 Lift Your Spirits 3:00 Walks,Talks/ Busy Hands 5:45 Twilight Time with Shirley	26 10:30 Jammin with John 1:30 Fun and Games 3:00 Walks & Talks/ Busy Hands 5:45 Twilight Time with Shirley	27 10:30 Movin' & Groovin' 1:30 BINGO! 3:00 Walks & Talks/ Busy Hands 5:45 Twilight Time with Shirley Residents Council	28 10:30 Chair Tai chi 1:30 Big Crossword 2:30 Guitar with Donna 3:00 Walks & Talks/ Busy Hands	29 10:30 Fitness with Viv 1:30 Music and Music Makers 2:30 Monthly Birthday cake 3:00 Walks & Talks/ Busy Hands	30 10:30 Nature Program 1:30- Halloween party dress-up/Pumpkin Tarts 3:00 Walks & Talks/ Busy Hands 5:45 Twilight Time with Shirley	31 10:30 Morning Discussion 1:30 Boredom Busters 3:00 Walks & Talks/ Busy Hands 5:45 Shirley at BH Halloween