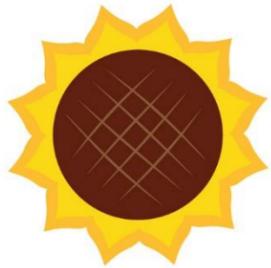


* Calendar is subject to change without notice.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Legend (EY) East Yard (L) Lobby (SR) Sunshine Room, 5 th Floor (TR) Terrace Lounge, 5 th Floor (4) 4th Floor Bistro Area <i>* Please sign-up for Outings at the Front Desk; payment due upon sign-up.</i>			1 10:00 Exercise (SR) 10:45 Bean Bag Toss (SR) 1:30 Movie (SR) 3:15 Skip-Bo (SR) 3:45 Home Support Exercise Program (TL) 7:00 Pub Night (TL)	2 10:00 Baking Club (TL) 10:45 Colouring (SR) 1:00 Ice Cream (TL) 2:45 Bingo (TL) 3:30 Travelogue (SR) 7:00 Music with Doug (L)	3 10:00 Exercise (SR) 10:45 Trivia (SR) 1:30 Knitting & Tea (SR) 3:00 Card Bingo (TL) 3:45 Home Support Exercise Program (TL) 7:00 Trivia with Mark (L)	4 2:00 Happy Hour (TL)
5 7:00 Gospel Music with Mark and Darolyn (TL)	6 Labour Day (Office Closed)	7 10:00 Walking Club (L) 10:45 Carpet Bowling (SR) 1:30 Curling (TL) 2:45 Bingo (TL) 3:45 Shuffleboard (4) 7:00 Music with Doug (L)	8 10:00 Exercise (SR) 10:45 Ladder Golf (SR) 1:30 Movie (SR) 3:15 Uno (SR) 3:45 Home Support Exercise Program (TL) 7:00 Pub Night (TL)	9 10:00 Gym (4) 10:45 Relaxation Group (SR) 1:00 Ice Cream (TL) 1:00 Outing: Country Drive* 2:45 Bingo (TL) 3:30 Documentary (SR) 7:00 Music with Doug (L)	10 10:00 Exercise (SR) 10:45 Ring Toss (SR) 3:45 Home Support Exercise Program (TL) 7:00 Trivia with Mark (L)	11 2:00 Happy Hour (TL)
12 7:00 Gospel Music with Doug (TL)	13 10:00 Exercise (SR) 10:45 Guggenheim (SR) 1:30 Knitting & Tea (SR) 2:30 Craft (TL) 3:30 Virtual Church (SR) 3:45 Home Support Exercise Program (TL) 7:00 Card Games (SR)	14 10:00 Walking Club (L) 10:00 Outing: Prairie Gardens* 10:45 Carpet Bowling (SR) 1:30 Curling (TL) 2:45 Bingo (TL) 3:45 Shuffleboard (4) 7:00 Music with Doug (L)	15 10:00 Exercise (SR) 10:45 Bean Bag Toss (SR) 1:30 Movie (SR) 3:15 Skip-Bo (SR) 3:45 Home Support Exercise Program (TL) 4:30 Dinner Cocktails and Entertainment (TL) 6:00 Fall Harvest Dinner	16 10:00 Baking Club (TL) 10:45 Colouring (SR) 1:00 Ice Cream (TL) 3:30 Documentary (SR) 7:00 Music with Doug (L)	17 10:00 Exercise (SR) 10:45 Horse Race (SR) 1:30 Knitting & Tea (SR) 3:00 Card Bingo (TL) 3:45 Home Support Exercise Program (TL) 7:00 Trivia with Mark (L)	18 2:00 Happy Hour (TL)

Please turn over for the rest of this month's activities. ☺

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 7:00 Gospel Music with Mark and Darolyn (TL)	20 10:00 Outing: River Cree Casino* 10:00 Exercise (SR) 10:45 Brain Games (SR) 1:30 Knitting & Tea (SR) 2:30 Campfire (EY) 3:30 Virtual Church (SR) 3:45 Home Support Exercise Program (TL) 7:00 Card Games (SR)	21 10:00 Walking Club (L) 10:45 Wii Bowling (TL) 1:30 Curling (TL) 2:45 Bingo (TL) 3:45 Pool (SR) 7:00 Music with Doug(L) 	22 10:00 Exercise (SR) 10:45 Ladder Golf (SR) 1:30 Movie (SR) 3:15 Uno (SR) 3:45 Home Support Exercise Program (TL) 7:00 Pub Night (TL)	23 10:00 Shuffleboard (4) 10:45 Manicures (SR) 1:30 Resident & Family Meeting (TL) 2:45 Bingo (TL) 3:30 Documentary (SR) 7:00 Music with Doug (L)	24 10:00 Exercise (SR) 11:00 Washer Toss (SR) 1:30 Knitting & Tea (SR) 3:00 Card Bingo (TL) 3:15 Andrew Knack Visit (L) 3:45 Home Support Exercise Program (TL) 7:00 Trivia w Mark(L)	25 2:00 Happy Hour (TL)
26 7:00 Gospel Music with Doug (TL)	27 10:00 Outing: Walmart* 10:00 Exercise (SR) 10:45 Guggenheim (SR) 1:30 Knitting & Tea (SR) 2:30 Craft (TL) 3:30 Virtual Church (SR) 3:45 Home Support Exercise Program (TL) 7:00 Card Games (SR)	28 10:00 Walking Club (L) 10:45 Carpet Bowling (SR) 1:30 Curling (TL) 2:45 Bingo (TL) 3:45 Shuffleboard (4) 7:00 Music with Doug (L)	29 10:00 Exercise (SR) 10:45 Ladder Golf (SR) 1:30 Movie (SR) 3:15 Uno (SR) 3:45 Home Support Exercise Program (TL) 7:00 Pub Night (TL)	30 10:00 Shuffleboard (4) 10:45 Manicures (SR) 2:00 Birthday Party with Music by John Winston 3:30 Documentary (SR) 7:00 Music with Doug (L)	<p>The goldenrod is yellow, The corn is turning brown, The trees in apple orchards With fruit are bending down.</p> <p>Helen Hunt Jackson</p>	