

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2019

1st Floor

<p>6</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room</p>	<p>7</p> <p>9:30 Walking Group</p> <p>11:00 Exercise</p> <p>Afternoon Visits with Brock University</p> <p>3:30 Crafters Corner: Gratitude Tree</p>	<p>1</p> <p>10:00 Chapel Service with Rev. Nick and Betty Murray</p> <p>11:00 Physio Exercise</p> <p>3:30 Sing Along with Kathie</p>	<p>2</p> <p>9:30 Physio Exercise</p> <p>10:30 Fit Minds</p> <p>1:30 Pet Therapy with Marnie</p> <p>3:30 Monthly Gazette</p>	<p>3</p> <p>9:30 Baking on the 1st Floor</p> <p>11:00 Apple Perishky Tasting</p> <p>6:30 Friendly Visits</p>	<p>4</p> <p>9:30 Walking Group</p> <p>10:30 Fit Minds</p> <p>3:00 Oktoberfest Social</p>	<p>5</p> <p>10:15 Bingo Hall in the Great Room</p>
<p>6</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room</p>	<p>7</p> <p>9:30 Walking Group</p> <p>11:00 Exercise</p> <p>Afternoon Visits with Brock University</p> <p>3:30 Crafters Corner: Gratitude Tree</p>	<p>10:00 Chapel Service with Tabitha Vanden Enden</p> <p>11:00 Physio Exercise</p> <p>Montessori Afternoon</p>	<p>9</p> <p>BANK DAY</p> <p>9:30 Physio Exercise</p> <p>10:30 Fit Minds</p> <p>6:30 Outdoor Strolls & Friendly Visits</p> <p><small>Yom Kippur</small></p>	<p>10</p> <p>9:30 Baking on the 1st Floor</p> <p>10am-2pm Adaptive Fit Boutique in the Great Room</p> <p>3:30 Coffee Time with Truth or Turkey</p>	<p>11</p> <p>9:00-12:00 Alzheimer's Society Coffee Break Fundraiser</p> <p>10:00 Bible Study in the Lounge with Don</p> <p>3:30 Balloon Tennis</p> <p>6:00 Pet Therapy with Sophie</p>	<p>12</p> <p>10:15 Bingo Hall in the Great Room</p>
<p>13</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room</p>	<p>14</p> <p>Happy Thanksgiving</p> <p>9:30 Exercise</p> <p>3:00 Thanksgiving Social in the Great Room</p> <p><small>Columbus Day (US) Thanksgiving Day (Canada) Sukkot</small></p>	<p>15</p> <p>10:00 Chapel Service with Mike Moran</p> <p>11:00 Physio Exercise</p> <p>3:30 Pumpkin Bean Bag Toss</p> <p>6:30 Elfer Raus</p>	<p>16</p> <p>9:30 Physio Exercise</p> <p>Montessori Morning</p> <p>10:00 Resident's Council Meeting</p>	<p>17</p> <p>9:30 Baking on the 1st Floor</p> <p>3:00 Craft with the St. Catharines Library</p>	<p>18</p> <p>9:30 Walking Group</p> <p>10:30 Fit Minds</p> <p>10:30 Roman Catholic Communion Service in the Great Room</p> <p>3:30 Bocce Ball</p> <p>6:00 Pet Therapy with Sophie</p>	<p>19</p> <p>10:15 Bingo Hall in the Great Room</p>
<p>20</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room</p>	<p>21</p> <p>Federal Election Day</p> <p>9:30 Exercise</p> <p>Take Me to the Polls (Election Voting)</p> <p>Montessori Afternoon</p>	<p>22</p> <p>10:00 Chapel Service with Heritage Trio</p> <p>11:00 Physio Exercise</p> <p>3:30 Paint with Me</p> <p>6:30 Friendly Visits</p> <p><small>Simchat Torah</small></p>	<p>23</p> <p>9:30 Physio Exercise</p> <p>10:30 Fit Minds</p> <p>3:30 Manicures</p>	<p>24</p> <p>9:30 Baking on the 1st Floor</p> <p>11:00 Apple Perishky Tasting</p> <p>7:00 Chapel Service with The Salvation Army Band & Choir in the Great Room</p>	<p>25</p> <p>9:30 Walking Group</p> <p>10:30 Fit Minds</p> <p>Montessori Afternoon</p> <p>6:00 Pet Therapy with Sophie</p>	<p>26</p> <p>10:15 Bingo Hall in the Great Room</p>
<p>27</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room</p>	<p>28</p> <p>9:30 Walking Group</p> <p>11:00 Exercise</p> <p>Afternoon Visits with Brock University</p> <p>3:30 Decorating Pumpkins</p>	<p>29</p> <p>10:00 Chapel Service with the Tabor Quartet</p> <p>11:00 Physio Exercise</p> <p>Montessori Afternoon</p>	<p>30</p> <p>9:30 Physio Exercise</p> <p>10:30 Fit Minds</p> <p>3:00 October Birthday Party in the Great Room</p> <p>6:30 Halloween Movie Night</p>	<p>31</p> <p>Happy Halloween</p> <p>No Baking Today</p> <p>3:00 Halloween Social in the Café</p> <p><small>Halloween</small></p>	<p>"I'm so glad I live in a world where there are Octobers."</p> <p>~ L. M. Montgomery, Anne of Green Gables</p>	

In order to meet the current needs of our Residents, programs are subject to change.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2019

2nd Floor

<p>6</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room</p>	<p>7</p> <p>9:30 <i>Physio Exercise</i></p> <p>10:30 Elfer Raus</p> <p>Afternoon Visits with Brock University</p> <p>3:30 Balloon Tennis</p>	<p>1</p> <p>10:00 Chapel Service with Rev. Nick and Betty Murray</p> <p>11:00 Outdoor Strolls</p> <p>3:30 How Many Words: German Heritage</p>	<p>2</p> <p>9:30 Exercise</p> <p>10:30 <i>Fit Minds</i></p> <p>3:30 Giant Thanksgiving Crossword</p>	<p>3</p> <p>9:30 <i>Physio Exercise</i></p> <p>9:30 Baking on the 1st Floor</p> <p>3:30 Monthly Gazette</p>	<p>4</p> <p>10:30 <i>Fit Minds</i></p> <p>3:00 Oktoberfest Social</p> <p>6:30 Poems & Stories in the Activity Room</p>	<p>5</p> <p>3:00 Bingo Hall in the Great Room</p>
<p>6</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room</p>	<p>7</p> <p>9:30 <i>Physio Exercise</i></p> <p>10:30 Elfer Raus</p> <p>Afternoon Visits with Brock University</p> <p>3:30 Balloon Tennis</p>	<p>10:00 Chapel Service with Tabitha Vanden Enden</p> <p>11:00 Outdoor Strolls</p> <p>3:30 Sing Along with Kathie</p>	<p>9</p> <p>BANK DAY</p> <p>9:30 Exercise</p> <p>10:30 <i>Fit Minds</i></p> <p>1:30 Pet Therapy with Marnie</p> <p>3:30 Life Stories</p> <p><small>Yom Kippur</small></p>	<p>10</p> <p>9:30 Baking on the 1st Floor</p> <p>9:30 <i>Physio Exercise</i></p> <p>10am-2pm Adaptive Fit Boutique</p> <p>10:30 Crafters Corner: Gratitude Tree</p> <p>3:30 Coffee Time with Truth or Turkey</p> <p>6:30 Elfer Raus</p>	<p>11</p> <p>9:00-12:00 Alzheimer's Society Coffee Break Fundraiser</p> <p>9:30 Bible Study in the Lounge with Don</p> <p>6:00 Pet Therapy with Sophie</p>	<p>12</p> <p>3:00 Bingo Hall in the Great Room</p>
<p>13</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room</p>	<p>14</p> <p>Happy Thanksgiving!</p> <p>10:30 Poems & Stories</p> <p>3:00 Thanksgiving Social in the Great Room</p> <p>6:30 Thanksgiving Jeopardy</p> <p><small>Columbus Day (US) Thanksgiving Day (Canada) Sukkot</small></p>	<p>15</p> <p>10:00 Chapel Service with Mike Moran</p> <p>11:00 Outdoor Strolls</p> <p>3:30 Name that Tune</p>	<p>16</p> <p>10:00 Resident's Council Meeting</p> <p>9:30 Exercise</p> <p>10:30 <i>Fit Minds</i></p> <p>3:30 Paint with Me</p>	<p>17</p> <p>9:30 <i>Physio Exercise</i></p> <p>9:30 Baking on the 1st Floor</p> <p>3:00 Craft with the St. Catharines Library</p> <p><i>limited space - sign up with rec</i></p>	<p>18</p> <p>10:30 Roman Catholic Communion Service</p> <p>10:30 <i>Fit Minds</i></p> <p>3:30 Halloween Bingo</p> <p>6:00 Pet Therapy with Sophie</p>	<p>19</p> <p>3:00 Bingo Hall in the Great Room</p>
<p>20</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room</p>	<p>21</p> <p>Federal Election Day</p> <p>9:30 <i>Physio Exercise</i></p> <p>10:30 Crafters Corner: Tissue Paper Pumpkin</p> <p>Take Me to the Polls (Election Voting)</p>	<p>22</p> <p>10:00 Chapel Service with Heritage Trio in the Great Room</p> <p>11:00 Outdoor Strolls</p> <p>3:30 Pumpkin Bean Bag Toss</p> <p><small>Simchat Torah</small></p>	<p>23</p> <p>9:30 Exercise</p> <p>10:30 <i>Fit Minds</i></p> <p>3:00 Keith's Café</p>	<p>24</p> <p>9:30 <i>Physio Exercise</i></p> <p>9:30 Baking on 1st Floor</p> <p>3:30 Hot Apple Cider</p> <p>7:00 Chapel Service with The Salvation Army Band & Choir in the Great Room</p>	<p>25</p> <p>10:30 <i>Fit Minds</i></p> <p>3:30 Manicures</p> <p>6:00 Pet Therapy with Sophie</p> <p>6:30 Poems & Stories in the Activity Room</p>	<p>26</p> <p>3:00 Bingo Hall in the Great Room</p>
<p>27</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room</p>	<p>28</p> <p>9:30 <i>Physio Exercise</i></p> <p>10:30 Elfer Raus</p> <p>Afternoon Visits with Brock University</p> <p>3:30 Decorating Pumpkins</p>	<p>29</p> <p>10:00 Chapel Service with the Tabor Quartet in the Great Room</p> <p>11:00 Outdoor Strolls</p> <p>3:30 Name 10</p>	<p>30</p> <p>9:30 Exercise</p> <p>10:30 <i>Fit Minds</i></p> <p>3:00 October Birthday Party in the Great Room</p>	<p>31</p> <p>Happy Halloween</p> <p>No Baking Today</p> <p>9:30 <i>Physio Exercise</i></p> <p>3:00 Halloween Social in the Café</p> <p><small>Halloween</small></p>	<p>"I'm so glad I live in a world where there are Octobers."</p> <p>~ L. M. Montgomery, Anne of Green Gables</p>	

In order to meet the current needs of our Residents, programs are subject to change.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2019

3rd Floor

<p>6</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room</p>	<p>7</p> <p>9:30 Exercise</p> <p>Afternoon Visits with Brock University</p> <p>3:30 Lawn Darts</p>	<p>8</p> <p>10:00 Chapel Service with Tabitha Vanden Enden in the Great Room</p> <p>3:30 Bocce Ball</p> <p>6:00 Pet Therapy with Syd</p> <p>6:30 Hot Chocolate in the Lounge</p>	<p>9</p> <p>BANK DAY</p> <p>9:30 Physio Exercise</p> <p>10:30 Fit Minds</p> <p>3:30 Thanksgiving Facts and Trivia</p> <p><small>Yom Kippur</small></p>	<p>10</p> <p>9:30 Physio Exercise</p> <p>9:30 Baking on 1st Floor</p> <p>10:00 Bible Study in the Lounge with Don</p> <p>10am-2pm Adaptive Fit Boutique in the Great Room</p> <p>3:30 Coffee and Poems</p>	<p>11</p> <p>9:00-12:00 Alzheimer's Society Coffee Break Fundraiser in the Great Room</p> <p>3:30 Balloon Tennis</p>
<p>13</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room</p>	<p>14</p> <p>Happy Thanksgiving!</p> <p>9:30 Exercise</p> <p>3:00 Thanksgiving Social in the Great Room</p> <p><small>Columbus Day (US) Thanksgiving Day (Canada) Sukkot</small></p>	<p>15</p> <p>10:00 Chapel Service with Mike Moran in the Great Room</p> <p>3:30 Sing Along with Kathie</p>	<p>16</p> <p>9:30 Physio Exercise</p> <p>10:00 Resident's Council Meeting</p> <p>10:30 Walking Club</p> <p>3:30 Halloween Bingo</p>	<p>17</p> <p>9:30 Physio Exercise</p> <p>9:30 Baking on the 1st Floor</p> <p>3:00 Craft with the St. Catharines Library</p> <p><i>limited space - sign up with rec</i></p> <p>3:30 Coffee and Poems</p> <p>6:30 Elfer Raus</p>	<p>18</p> <p>9:30 Exercise</p> <p>10:30 Fit Minds</p> <p>10:30 Roman Catholic Communion Service in the Great Room</p> <p>3:30 Manicures</p>
<p>20</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room</p>	<p>21</p> <p>Federal Election Day</p> <p>3:30 Musical Bingo</p> <p>6:30 Outdoor Strolls and Friendly Visits</p>	<p>22</p> <p>10:00 Chapel Service with Heritage Trio in the Great Room</p> <p>6:00 Pet Therapy with Syd</p> <p><small>Simchat Torah</small></p>	<p>23</p> <p>9:30 Physio Exercise</p> <p>10:30 Fit Minds</p> <p>10:30 Name 10</p> <p>3:30 Pumpkin Decorating</p>	<p>24</p> <p>9:30 Physio Exercise</p> <p>9:30 Baking on 1st Floor</p> <p>3:30 Coffee and Poems</p> <p>7:00 Chapel Service with The Salvation Army Band & Choir in the Great Room</p>	<p>25</p> <p>9:30 Exercise</p> <p>10:30 Fit Minds</p> <p>3:30 Fall Painting with Karen</p>
<p>27</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room</p>	<p>28</p> <p>9:30 Exercise</p> <p>Afternoon Visits with Brock University</p> <p>3:30 Bocce Ball</p> <p>6:30 Stories in the Lounge</p>	<p>29</p> <p>10:00 Chapel Service with the Tabor Quartet in the Great Room</p> <p>3:30 Crafters Corner: Tissue Paper Pumpkins</p>	<p>30</p> <p>9:30 Physio Exercise</p> <p>10:30 Fit Minds</p> <p>3:00 October Birthday Party in the Great Room</p>	<p>31</p> <p>Happy Halloween!</p> <p>9:30 Physio Exercise</p> <p>No Baking Today</p> <p>Morning Worship Service in the Lounge</p> <p>3:00 Halloween Social in the Café</p> <p><small>Halloween</small></p>	<p>26</p> <p>10:15 Bingo Hall in the Great Room</p>
<p>5</p> <p>10:15 Bingo Hall in the Great Room</p>	<p>6</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room</p>	<p>1</p> <p>10:00 Chapel Service with Rev. Nick and Betty Murray in the Great Room</p> <p>6:00 Joyful Noise</p>	<p>2</p> <p>9:30 Physio Exercise</p> <p>10:30 Fit Minds</p> <p>10:30 Walking Club</p> <p>3:30 Bean Bag Toss</p>	<p>3</p> <p>9:30 Physio Exercise</p> <p>9:30 Baking on the 1st Floor</p> <p>3:30 Coffee and Poems</p>	<p>4</p> <p>9:30 Exercise</p> <p>10:30 Fit Minds</p> <p>3:00 OKTOBERFEST SOCIAL</p>

In order to meet the current needs of our Residents, programs are subject to change..

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2019

4th Floor

		<p>1</p> <p>10:00 Chapel Service with Rev. Nick and Betty Murray in the Great Room</p> <p>3:30 Wheel of Fortune</p> <p>6:00 Pet Therapy with Syd</p>	<p>2</p> <p>9:30 Exercise</p> <p>10:30 Fit Minds</p> <p>3:30 Manicures</p> <p>6:30 Outdoor Strolls and Friendly Visits</p>	<p>3</p> <p>9:30 Baking on the 1st Floor</p> <p>3:30 Coffee Time in the Lounge</p>	<p>4</p> <p>9:30 Physio Exercise</p> <p>10:30 Fit Minds</p> <p>3:00 OKTOBERFEST SOCIAL</p>	<p>5</p> <p>3:15 Bingo Hall in the Great Room</p>
<p>6</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room</p>	<p>7</p> <p>9:30 Physio Exercise</p> <p>10:30 Bocce Ball</p> <p>Afternoon Visits with Brock University</p> <p>3:30 Name 10</p> <p>6:30 Painting with Melissa</p>	<p>8</p> <p>10:00 Chapel Service with Tabitha Vanden Enden in the Great Room</p> <p>3:30 Jeopardy</p>	<p>9</p> <p>BANK DAY</p> <p>9:30 Exercise</p> <p>10:30 Fit Minds</p> <p>3:30 How Many Words</p> <p><small>Yom Kippur</small></p>	<p>10</p> <p>9:30 Bible Study in the Lounge with Don</p> <p>9:30 Baking on the 1st Floor</p> <p>10am-2pm Adaptive Fit Boutique in the Great Room</p>	<p>11</p> <p>9:00-12:00 Alzheimer's Society Coffee Break Fundraiser in the Great Room</p> <p>3:30 Washer Toss</p> <p>6:30 Outdoor Strolls and Friendly Visits</p>	<p>12</p> <p>3:15 Bingo Hall in the Great Room</p>
<p>13</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room</p>	<p>14</p> <p>Happy Thanksgiving!</p> <p>10:30 Thanksgiving Poems & Readings</p> <p>3:00 Thanksgiving Social in the Great Room</p> <p><small>Columbus Day (US) Thanksgiving Day (Canada) Sukkot</small></p>	<p>15</p> <p>10:00 Chapel Service with Mike Moran in the Great Room</p> <p>3:30 High Tea</p> <p>6:00 Pet Therapy with Syd</p>	<p>16</p> <p>9:30 Exercise</p> <p>10:00 Resident's Council Meeting</p> <p>3:30 Musical Bingo</p> <p>6:30 Name 10 October Edition</p>	<p>17</p> <p>9:30 Baking on the 1st Floor</p> <p>3:00 Craft with the St. Catharines Library</p> <p><i>limited space - sign up with rec</i></p>	<p>18</p> <p>9:30 Physio Exercise</p> <p>10:30 Fit Minds</p> <p>10:30 Roman Catholic Communion Service in the Great Room</p> <p>6:30 Stories in the Lounge</p>	<p>19</p> <p>3:15 Bingo Hall in the Great Room</p>
<p>20</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room</p>	<p>21</p> <p>Federal Election Day</p> <p>9:30 Physio Exercise</p> <p>10:30 Cards</p> <p>3:30 Halloween Jeopardy</p>	<p>22</p> <p>10:00 Chapel Service with Heritage Trio in the Great Room</p> <p>3:30 Sing Along with Kathie</p> <p><small>Simchat Torah</small></p>	<p>23</p> <p>9:30 Exercise</p> <p>10:30 Fit Minds</p> <p>3:30 Word Generation</p> <p>6:30 Halloween Facts and Trivia</p>	<p>24</p> <p>9:30 Baking on 1st Floor</p> <p>3:30 Coffee Time in the Lounge</p> <p>7:00 Chapel Service with The Salvation Army Band & Choir in the Great Room</p>	<p>25</p> <p>9:30 Physio Exercise</p> <p>10:30 Fit Minds</p>	<p>26</p> <p>3:15 Bingo Hall in the Great Room</p>
<p>27</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room</p>	<p>28</p> <p>9:30 Physio Exercise</p> <p>10:30 Manicures</p> <p>3:30 Balloon Tennis</p> <p>Afternoon Visits with Brock University</p>	<p>29</p> <p>10:00 Chapel Service with the Tabor Quartet in the Great Room</p> <p>3:30 Pumpkin Decorating</p> <p>6:00 Pet Therapy with Syd</p> <p>6:00 Joyful Noise</p>	<p>30</p> <p>9:30 Exercise</p> <p>10:30 Fit Minds</p> <p>3:00 October Birthday Party in the Great Room</p>	<p>31</p> <p>Happy Halloween!</p> <p>Morning Worship Service in the Lounge</p> <p>No Baking Today</p> <p>3:00 Halloween Social in the Café</p> <p><small>Halloween</small></p>		

In order to meet the current needs of our Residents, programs are subject to change..

Sunday

Monday

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Thursday

Friday

Saturday

October 2019

Wellness Suites

<p>10:00 Chapel Service in the Great Room, Rev. Nick and Betty Murray</p> <p>1:00 Exercise, FC</p> <p>2:30 Coffee Hour in the Olive Branch Café</p>	<p>10:00 Chapel Service in the Great Room, Tabitha Vanden Enden</p> <p>1:00 Exercise, FC</p> <p>2:30 Coffee Hour in the Olive Branch Café</p>	<p>10:15 & 10:45 Fall Prevention Exercise, FC</p> <p>11:00 Fit Minds, FL</p> <p>1:00 Computer Questions</p> <p>3:00 Bingo, OB <small>Yom Kippur</small></p>	<p>9:30 Baking on the 1st Floor, 7 Tabor</p> <p>10:00 Men's Bible Study Chapel</p> <p>1:00 Exercise, Fitness Centre</p> <p>2:30 Coffee Hour in the Olive Branch Café</p>	<p>10:15 & 10:45 Fall Prevention Exercise, FC</p> <p>1:00 Exercise, FC</p>		
<p>9:30 Church Service in Chapel</p> <p>2:00 Movie Matinee in the Great Room</p>	<p>10:15 & 10:45 Fall Prevention Exercise FC</p> <p>1:00 Exercise FC</p>	<p>10:00 Chapel Service in the Great Room, Mike Moran</p> <p>1:00 Exercise, FC</p> <p>2:30 Coffee Hour in the Olive Branch Café</p>	<p>10:15 & 10:45 Fall Prevention Exercise Fitness Centre</p> <p>11:00 Fit Minds</p> <p>1:00 Computer Questions</p> <p>3:00 Cards and Games in Olive Branch Café</p>	<p>9:30 Baking on the 1st Floor</p> <p>10:00 Men's Bible Study Chapel</p> <p>1:00 Exercise, FC</p> <p>2:30 Coffee Hour in the Olive Branch Café</p> <p>7:00 Movie Night, Chapel</p>	<p>10:15 & 10:45 Fall Prevention Exercise Fitness Centre</p> <p>10:30 Roman Catholic Communion Service, GR</p> <p>1:00 Exercise, FC</p>	
<p>9:30 Church Service in Chapel</p> <p>2:00 Movie Matinee in the Great Room</p>	<p>10:15 & 10:45 Fall Prevention Exercise, FC</p> <p>1:00 Exercise, FC</p> <p><small>Columbus Day (US) Thanksgiving Day (Canada) Sukkot</small></p>	<p>10:00 Chapel Service in the Great Room, Heritage Trio</p> <p>1:00 Exercise, FC</p> <p>2:30 Coffee Hour in the Olive Branch Café <small>Simchat Torah</small></p>	<p>10:15 & 10:45 Fall Prevention Exercise Fitness Centre</p> <p>No Computer Questions</p>	<p>9:30 Baking on the 1st Floor 7 Tabor</p> <p>10:00 Men's Bible Study Chapel</p> <p>1:00 Exercise, FC</p> <p>2:30 Coffee Hour in the Olive Branch Café</p> <p>7:00 Chapel, Salvation Army Band and Choir, GR</p>	<p>10:15 & 10:45 Fall Prevention Exercise, FC</p> <p>1:00 Exercise, FC</p>	
<p>9:30 Church Service in Chapel</p> <p>2:00 Movie Matinee in the Great Room</p>	<p>10:15 & 10:45 Fall Prevention Exercise, FC</p> <p>1:00 Exercise, FC</p>	<p>10:00 Chapel Service in the Great Room, Tabor Quartet</p> <p>1:00 Exercise, FC</p> <p>2:30 Coffee Hour in the Olive Branch Café</p>	<p>10:15 & 10:45 Fall Prevention Exercise Fitness Centre</p> <p>11:00 Fit Minds, FL</p> <p>1:00 Computer Questions</p> <p>3:00 Bingo</p>	<p>Happy Halloween! No Baking Today</p> <p>10:00 Men's Bible Study Chapel</p> <p>1:00 Exercise, FC</p> <p>2:30 Coffee Hour in the Olive Branch Café</p> <p><small>Halloween</small></p>	<p>FC – Fitness Centre</p> <p>OB – Olive Branch Café</p> <p>GR – Great Room, 7 Tabor</p> <p>CH – Chapel</p> <p>FL – Fireside Lounge, Spruce Lane</p>	
<p>9:30 Church Service in Chapel</p> <p>2:00 Movie Matinee in the Great Room</p>	<p>10:15 & 10:45 Fall Prevention Exercise, FC</p> <p>1:00 Exercise, FC</p>	<p>10:00 Chapel Service in the Great Room, Mike Moran</p> <p>1:00 Exercise, FC</p> <p>2:30 Coffee Hour in the Olive Branch Café</p>	<p>10:15 & 10:45 Fall Prevention Exercise Fitness Centre</p> <p>11:00 Fit Minds</p> <p>1:00 Computer Questions</p> <p>3:00 Cards and Games in Olive Branch Café</p>	<p>9:30 Baking on the 1st Floor</p> <p>10:00 Men's Bible Study Chapel</p> <p>1:00 Exercise, FC</p> <p>2:30 Coffee Hour in the Olive Branch Café</p> <p>7:00 Movie Night, Chapel</p>	<p>10:15 & 10:45 Fall Prevention Exercise Fitness Centre</p> <p>10:30 Roman Catholic Communion Service, GR</p> <p>1:00 Exercise, FC</p>	

ALL PROGRAMS ARE SUBJECT TO CHANGE

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2019

Mapleview & Evergreen Apartments

<p>9:30 Church Service in Chapel</p> <p>2:00 Movie Matinee in the Great Room at 7 Tabor</p>	<p>10:15 & 10:45 Fall Prevention Exercise FC</p> <p>1:00 Exercise FC</p>	<p>10:00 Chapel Service in the Great Room, Rev. Nick and Betty Murray</p> <p>1:00 Exercise, FC</p> <p>2:30 Coffee Hour in the Olive Branch Café</p>	<p>10:15 & 10:45 Fall Prevention Exercise, FC</p> <p>No Computer Questions</p>	<p>9:30 Baking on the 1st Floor, 7 Tabor</p> <p>10:00 Men's Bible Study Chapel</p> <p>1:00 Exercise, FC</p> <p>2:30 Coffee Hour in the Olive Branch Café</p>	<p>10:15 & 10:45 Fall Prevention Exercise, FC</p> <p>1:00 Exercise, FC</p>	
<p>9:30 Church Service in Chapel</p> <p>2:00 Movie Matinee in the Great Room at 7 Tabor</p>	<p>10:15 & 10:45 Fall Prevention Exercise FC</p> <p>1:00 Exercise FC</p>	<p>10:00 Chapel Service in the Great Room, Tabitha Vanden Enden</p> <p>1:00 Exercise, FC</p> <p>2:30 Coffee Hour in the Olive Branch Café</p>	<p>BANK DAY</p> <p>10:15 & 10:45 Fall Prevention Exercise, FC</p> <p>1:00 Computer Questions</p> <p>3:00 Bingo, OB</p> <p><small>Yom Kippur</small></p>	<p>10am-2pm Adaptive Fit Boutique, GR</p> <p>9:30 Baking on the 1st Floor, 7 Tabor</p> <p>10:00 Men's Bible Study, Chapel</p> <p>1:00 Exercise, FC</p> <p>2:30 Coffee Hour in the Olive Branch Café</p>	<p>9:00-12:00 Alzheimer's Society Coffee Break Fundraiser, GR</p> <p>10:15 & 10:45 Fall Prevention Exercise, FC</p> <p>1:00 Exercise, FC</p>	
<p>9:30 Church Service in Chapel</p> <p>2:00 Movie Matinee in the Great Room at 7 Tabor</p>	<p>Happy Thanksgiving!</p> <p>10:15 & 10:45 Fall Prevention Exercise, FC</p> <p>1:00 Exercise, FC</p> <p><small>Columbus Day (US) Thanksgiving Day (Canada) Sukkot</small></p>	<p>10:00 Chapel Service in the Great Room, Mike Moran</p> <p>1:00 Exercise, FC</p> <p>2:30 Coffee Hour in the Olive Branch Café</p>	<p>10:15 & 10:45 Fall Prevention Exercise, FC</p> <p>1:00 Computer Questions</p> <p>2:00 – 3:00 Caregiver Support Group 7 Tabor Family Dining Room</p>	<p>9:30 Baking on the 1st Floor</p> <p>10:00 Men's Bible Study Chapel</p> <p>1:00 Exercise, FC</p> <p>2:30 Coffee Hour in the Olive Branch Café</p> <p>7:00 Movie Night, Chapel</p>	<p>10:15 & 10:45 Fall Prevention Exercise, FC</p> <p>10:30 Roman Catholic Communion Service, GR</p> <p>1:00 Exercise, FC</p>	
<p>9:30 Church Service in Chapel</p> <p>2:00 Movie Matinee in the Great Room at 7 Tabor</p>	<p>Federal Election Day</p> <p>10:15 & 10:45 Fall Prevention Exercise, FC</p> <p>1:00 Exercise, FC</p> <p>2:00 Knits for Kids, FL</p>	<p>10:00 Chapel Service in the Great Room, Heritage Trio</p> <p>1:00 Exercise, FC</p> <p>2:30 Coffee Hour in the Olive Branch Café</p> <p><small>Simchat Torah</small></p>	<p>10:15 & 10:45 Fall Prevention Exercise, FC</p> <p>No Computer Questions</p>	<p>9:30 Baking on the 1st Floor 7 Tabor</p> <p>10:00 Men's Bible Study Chapel</p> <p>1:00 Exercise, FC</p> <p>2:30 Coffee Hour in the Olive Branch Café</p> <p>7:00 Chapel, Salvation Army Band and Choir, GR</p>	<p>10:15 & 10:45 Fall Prevention Exercise, FC</p> <p>1:00 Exercise, FC</p>	
<p>9:30 Church Service in Chapel</p> <p>2:00 Movie Matinee in the Great Room at 7 Tabor</p>	<p>10:15 & 10:45 Fall Prevention Exercise, FC</p> <p>1:00 Exercise, FC</p>	<p>10:00 Chapel Service in the Great Room, Tabor Quartet</p> <p>1:00 Exercise, FC</p> <p>2:30 Coffee Hour in the Olive Branch Café</p>	<p>10:15 & 10:45 Fall Prevention Exercise, FC</p> <p>1:00 Computer Questions</p> <p>3:00 Bingo</p>	<p>Happy Halloween!</p> <p>No Baking Today</p> <p>10:00 Men's Bible Study Chapel</p> <p>1:00 Exercise, FC</p> <p>2:30 Coffee Hour in the Olive Branch Café</p> <p><small>Halloween</small></p>	<p>FC – Fitness Centre OB – Olive Branch Café GR – Great Room, 7 Tabor FL – Fireside Lounge, Spruce Lane</p>	

ALL PROGRAMS ARE SUBJECT TO CHANGE