

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			National Seniors Day! 9:00am Walking Club 10:00- Reading Club - B 10:30am Morning Exercises (on TV) 11:00am Coffee and Cookies 2:00pm Barnyard Bash: Celebrating our Seniors 4:00pm Spot The Difference 6:00pm Evening Stretch with music Yom Kippur Begins	9:00am Walking Club 10:00am English Mass 9:30 - Family Physio Exercises 10:30am Coffee & Crosswords 2:00pm Door Decorating Contest (until October 20th) 3:15pm Tea/Coffee & Sing Along 4:00pm Wii Bowling 6:00pm Evening Relaxing Yoga	9:00am Walking Club 10:30am Drum-Fitness 11:00am Morning Smoothie 12:00pm Men's Lunch 2:00pm- Ladder Ball 3:00pm Pat's Pub 4:00pm Evening Walk & Talk 6:00pm Movie and Popcorn	9:00am Walking Club 10:00am Morning Stretches 11:00am Knitting Club 2:00pm Bingo 3:00pm Afternoon Trivia 6:00pm Saturday Night Sports
9:00am Walking Club 10:00am French Mass 11:00am Book Club 2:00pm Sunday Sundaes 3:00pm Card club 6:00pm Movie Night	9:00am Walking Club 10:00am Tuck Shop 10:30am Chair Dancing 2:00pm Bingo 3:00pm Monday Manicures 4:00pm Puzzles 6:00pm Trivia Sukkot Begins	9:00am Walking Club 10:00am Bus Outing: Walmart 2:00pm Bean Bag Toss 3:00pm Afternoon Snack & Chat 4:00pm Jeopardy 6:00pm 6 O'clock News	9:00am Walking Club 10:00- Reading Club - B 10:30am Morning Exercises (on TV) 11:00am Coffee and Cookies 2:00pm Bingo 3:00pm Afternoon Snack & Chat 4:00pm Spot The Difference 6:00pm Evening Stretch with music	9:00am Walking Club 10:00am English Mass 9:30 - Family Physio Exercises 10:30am Coffee & Crosswords 2:00pm Door Decorating Contest (until October 20th) 3:15pm Tea/Coffee & Sing Along 4:00pm Wii Bowling 6:00pm Evening Relaxing Yoga	World Mental Health Day. 9:00am Walking Club 10:30am Drum-Fitness 11:00am Morning Smoothie 2:00pm- Ladder Ball 3:00pm Pat's Pub 4:00pm Evening Walk & Talk 6:00pm Movie and Popcorn	9:00am Walking Club 10:00am Morning Stretches 11:00am Knitting Club 2:00pm Bingo 3:00pm Afternoon Trivia 6:00pm Saturday Night Sports
9:00am Walking Club 10:00am French Mass 11:00am Book Club 2:00pm Sunday Sundaes 3:00pm Card club 6:00pm Movie Night	9:00am Walking Club 10:00am Tuck Shop 10:30am Dancercize 2:00pm Thanksgiving Themed BINGO 3:00pm Monday Manicures 4:00pm Puzzles Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	9:00am Walking Club 10:00am Rosary 10:00am Bus Outing: Tim Horton's & Sightseeing Tour - Fall Leaves 2:00pm Bean Bag Toss 3:00pm Afternoon Snack & Chat 4:00pm Jeopardy 6:00pm 6 O'clock News Simchat Torah Begins	9:00am Walking Club 10:00am-2:00pm Cards and Door Signs Vendor Sale (2 tables) 10:30am Morning Exercises (on TV) 11:00am Coffee and Cookies 2:00pm Bingo 3:00pm Afternoon Snack & Chat 4:00pm Spot The Difference 6:00pm Evening Stretch with music	9:00am Walking Club 10:00am English Mass 9:30 - Family Physio Exercises 10:30am Coffee & Crosswords 2:00pm Door Decorating Contest (until October 20th) 3:15pm Tea/Coffee & Sing Along 4:00pm Wii Bowling 6:00pm Evening Relaxing Yoga	OKTOBERFEST 9:00am Walking Club 10:30am Drum-Fitness 11:00am Morning Smoothie 2:00pm- Oktoberfest Celebration with music by Kieran Keating 3:00pm Pat's Pub 4:00pm Evening Walk & Talk 6:00pm Movie and Popcorn	9:00am Walking Club 10:00am Morning Stretches 11:00am Knitting Club 2:00pm Bingo 3:00pm Afternoon Trivia 6:00pm Saturday Night Sports
9:00am Walking Club 10:00am French Mass 11:00am Book Club 2:00pm Sunday Sundaes 3:00pm Card club 6:00pm Movie Night	9:00am Walking Club 10:00am Tuck Shop 10:30am Chair Dancing 2:00pm Bingo 3:00pm Monday Manicures 4:00pm Puzzles 6:00pm Trivia	National Apple Day 9:00am Walking Club 10:45am Bus Outing: Lunch at Swiss Chalet 1:30 Baking Club: Apple Cinnamon Oatmeal Muffins 4:00pm Jeopardy 6:00pm 6 O'clock News	9:00am Walking Club 10:00- Reading Club - B 10:30am Morning Exercises (on TV) 11:00am Coffee and Cookies 2:00pm Bingo 3:00pm Afternoon Snack & Chat 4:00pm Spot The Difference 6:00pm Evening Stretch with music	9:00am Walking Club 9:30 - Family Physio Exercises 10:30am Coffee & Crosswords 1:30pm - Paint Class with Etta: Fall Trees 4:00pm Weekly Team Crossword 6:00pm Evening Relaxing Yoga	9:00am Walking Club 10:30am Drum-Fitness 11:00am Morning Smoothie 2:00pm- Ladder Ball 3:00pm Pat's Pub 4:00pm Evening Walk & Talk 6:00pm Movie and Popcorn	9:00am Walking Club 10:00am Morning Stretches 11:00am Knitting Club 2:00pm Bingo 3:00pm Afternoon Trivia 6:00pm Saturday Night Sports
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