



October 2022

Contact us if you have any questions.

*outings have limited space

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00 coffee time - SOL 1:00 bowling - SOL
2 10:00 Friendly Visits - SOL 1:30 Virtual Church - SOL	3 10:00 Did you know - SOL 1:30 Baking - SOL	4 10:00 Stretch and Strength 1:30 Bingo - SOL 2:45 Tai Chi - SOL 6:00 Evening Games - SOL	5 10:00 Drumfit - SOL 1:30 Rule 62 - SOL 	6 10:30 Church Service - SOL 1:30 Hymn Sing - SOL	7 10:00 Exercises - SOL 1:30 Jeopardy - SOL 	8 10:00 Baking - SOL 1:30 Bowling - SOL
9 10:00 Friendly Visits - SOL 1:30 Virtual Church - SOL 	10 10:00 Did you know - SOL 1:30 spelling bee - SOL 2:45 Bible Study - SOL	11 10:00 Stretch and Strength 1:30 Bingo - SOL 2:45 Tai Chi - SOL 6:00 Campfire sing-along - SOL	12 10:00 Drumfit - SOL 1:00 Scenic Drive - OUT 1:30 Crafts - SOL	13 10:30 Church Service - SOL 1:30 Karaoke - SOL	14 10:00 Exercises - SOL 1:30 Country Roots - SOL 	15 10:00 coffee time - SOL 1:30 bowling - SOL
16 10:00 Friendly Visits - SOL 1:30 Virtual Church - SOL	17 10:00 Did you know - SOL 1:30 Baking - SOL 	18 10:00 Stretch and Strength 1:30 Bingo - SOL 2:45 Tai Chi - SOL 6:00 Dave Riley and Friends	19 10:00 Drumfit - SOL 1:00 Scenic Drive - OUT 1:30 Resident Council and Tea	20 10:30 Church Service - SOL 1:30 Hymn Sing - SOL	21 10:00 Exercises - SOL 1:30 Race Cars - SOL	22 10:00 Baking - SOL 1:30 Bowling - SOL 
23 10:00 Friendly Visits - SOL 1:30 Virtual Church - SOL 	24 10:00 Did you know - SOL 1:30 trivia - SOL 2:45 Bible Study - SOL	25 10:00 Stretch and Strength 1:00 Scenic Drive - OUT 1:30 Bingo - SOL 2:45 Tai Chi - SOL 6:00 Evening Games - SOL	26 10:00 Drumfit - SOL 1:30 Rule 62 Halloween Party - SOL	27 10:30 Church Service - SOL 1:30 pumpkin carving - SOL 	28 10:00 Exercises - SOL 11:00 Anglican Communion Service - SOL 1:30 Spooky Trivia - SOL	29 10:00 coffee time - SOL 1:30 bowling - SOL
30 10:00 Friendly Visits - SOL 1:30 Virtual Church - SOL	31 10:00 Did you know - SOL 1:30 Halloween bingo - SOL					

OUT - Outings

SOL - Solarium

Programs are subject to change