

# October 2023

\*Bus outings have limited space and a waitlist - Please sign up with Recreation\*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>1</b> 	<b>2</b> 10:00am Fun and Fitness - SOL 1:30pm Friendly Visits - SOL	<b>3</b> 10:00am Stretch and Strength - SOL 1:30pm Bingo - SOL 3:00pm Sensory fun - Wallace 6:00pm Live Music with RULE62 - SOL	<b>4</b> 10:00am Crafts 11:00am Men's Club in Wallace 1:30pm Word Games - SOL	<b>5</b> 9:30am Coffee Time 10:30am Church Service - SOL 1:30pm Chair Yoga - SOL	<b>6</b> 10:00am Time with Tots 1:30pm Baking - SOL 2:30pm Lexicon - Burden Lane 	<b>7</b> 10:00am Saturday Social - SOL 1:30pm Bowling - SOL	
<b>8</b> 	<b>9</b> Thanksgiving 10:00am exercises - SOL 1:30pm Crafts - SOL	<b>10</b> 10:00am Stretch and Strength - SOL 1:30pm Bingo - SOL 3:00pm Sensory fun - Wallace 6:00pm Evening Games - SOL	<b>11</b> 10:00am Drumfit - SOL 11:00am Drumfit - Wallace 1:00pm Scenic Drive - OUT 1:30pm Jeopardy - SOL	<b>12</b> 9:30am Coffee Time 10:30am Church with Rev Dunn - SOL 1:30pm Karaoke - SOL	<b>13</b> 10:00am Time with Tots 1:30pm Balloon Volley Ball - SOL 2:30pm Kitchen Music with Wayne - Wallace	<b>14</b> 10:00am Saturday Social - SOL 2:00pm Knitting with community - SOL	
<b>15</b> 	<b>16</b> 10:00am Fun and Fitness - SOL 1:30pm knitting - SOL 3:00pm KES student visit - SOL	<b>17</b> 10:00am Stretch and Strength - SOL 1:30pm Bingo - SOL 3:00pm Sensory fun - Wallace 6:00pm Live Music - Dave Riley + Friends - SOL	<b>18</b> 10:00am Crafts 11:00am Men's Club in Wallace <b>1:30pm CRIBBAGE GAMES - SOL</b>	<b>19</b> 9:30am Coffee Time 9:45am Resident Council Meeting 10:30am Church Service - SOL 1:30pm Gospel Trop 	<b>20</b> 10:00am Time with Tots <b>1:30pm Fall Gathering - with Warm Apple Cider - SOL</b>	<b>21</b> Autumn Market <b>9:00am Craft Sale 9-3 - SOL</b> 	
<b>22</b> 	<b>23</b> 10:00am Crafts - SOL 1:30pm Avon Strings - SOL 3:00pm KES kid visit - SOL	<b>24</b> <b>10:00am Fall Showcase - SOL</b> 1:30pm Bingo - SOL 3:00pm Sensory fun - Wallace 6:00pm Evening Games - SOL	<b>25</b> 10:00am Drumfit - SOL 11:00am Drumfit - Wallace <b>1:30pm Spooky Trivia - SOL</b>	<b>26</b> 10:30am Church with Rev Heffernan - SOL 1:30pm Movie - SOL	<b>27</b> 10:00am Colouring in the solarium 1:30pm Friendly Visits	<b>28</b> 10:00am Saturday Social - SOL 1:30pm Movie Hocus Pocus - SOL	
<b>29</b> 	<b>30</b> Flannel Festival - Wear your flannel! 10:00am Fun and Fitness - SOL 1:30pm knitting - SOL 3:00pm KES kid visit - SOL	<b>31</b> Halloween 10:00am Stretch and Strength - SOL <b>1:30pm Halloween Party with Live music from Kirk Ross - SOL</b>					