

OCTOBER 2024



The following activities are available in the mornings with the care companions on an ad hoc basis:

- Active recreation - croquet, bowls, pétanque, mini golf
- Reading and poetry
- Knitting, embroidery, croquet
- Cards, board games, puzzles, quizzes, bingo/housie
- Gardening
- Music appreciation
- Walking group
- Resident choir
- Reminiscing discussions
- Activities of daily living - making soups, baking, laundry, dishes
- Craft activities - making cards, adult colouring, painting

★ Special event

+ Additional feature days

6 October: *International Grandparent's Day*

23.09.24 05:18

M Monday	T Tuesday	W Wednesday	T Thursday	F Friday	S Saturday	S Sunday
	1 1:45 Triple A - Fitness 2:15 News & Views 2:30 Mind Benders - Word Games 3:00 Musical Moments 4:00 Engage Activities	2 11:00 Church Service - Ecumenical (Level 1) 1:45 Triple A - Fitness 2:15 News & Views 2:30 Make & Create - Leaf Art 3:30 Men's Club 4:00 Engage Activities	3 2:00 Out & About - Scenic Drive 3:15 Triple A - Fitness 3:45 News & Views 4:00 Engage Activities	4 1:30 Entertainer - Joe 2:15 News & Views 2:30 Happy Hour 3:30 Memory Lane 4:00 Engage Activities	5 1:30 News & Views 2:00 Hand Pampers 3:00 Zumba 4:00 Engage Activities	6 Daylight Saving begins + 11:30 Songs of Praise 1:30 News & Views 3:00 Active Games 4:00 Engage Activities
7 1:45 Triple A - Fitness 2:15 News & Views 2:30 Memory Lane 3:00 Sculpting 4:00 Engage Activities	8 1:45 Triple A - Fitness 2:15 News & Views 2:30 BINGO 3:00 Singalong 4:00 Engage Activities	9 11:00 Church Service - Ecumenical (Level 1) 1:45 Triple A - Fitness 2:15 News & Views 2:30 Make & Create - Crayons and Paint 4:00 Engage Activities	10 2:00 Out & About - Scenic Drive 3:15 Triple A - Fitness 3:45 News & Views 4:00 Engage Activities	11 1:30 Entertainer - Belmont Rhythmic Singers 2:15 News & Views 2:30 Happy Hour 3:30 Memory Lane 4:00 Engage Activities	12 1:30 News & Views 2:00 Sensational Senses - Cooking 3:00 Zumba 4:00 Engage Activities	13 11:30 Songs of Praise 1:30 News & Views 3:00 Active Games 4:00 Engage Activities
14 1:45 Triple A - Fitness 2:15 News & Views 2:30 Memory Lane 3:00 Aromatherapy 4:00 Engage Activities	15 1:45 Triple A - Fitness 2:15 News & Views 2:30 Birthday Celebration - October 2:45 Word Games 3:00 Musical Moments 4:00 Engage Activities	16 11:00 Church Service - Ecumenical (Level 1) 1:45 Triple A - Fitness 2:15 News & Views 2:30 Make & Create - Paper Craft 3:00 Men's Club 4:00 Engage Activities	17 2:00 Out & About - Scenic Drive 3:15 Triple A - Fitness 3:45 News & Views 4:00 Engage Activities	18 1:30 Entertainer - Sue the Harpist 2:15 News & Views 2:30 Happy Hour 3:30 Memory Lane 4:00 Engage Activities	19 1:30 News & Views 2:00 Hand Pampers 3:00 Zumba 4:00 Engage Activities	20 11:30 Songs of Praise 1:30 News & Views 3:00 Active Games 4:00 Engage Activities
21 1:45 Triple A - Fitness 2:15 News & Views 2:30 Memory Lane 3:00 Hand Massages 4:00 Engage Activities	22 1:45 Triple A - Fitness 2:15 News & Views 2:30 Mind Benders - Word Games 3:00 Singalong 4:00 Engage Activities	23 11:00 Church Service - Ecumenical (Level 1) 1:45 Triple A - Fitness 2:15 News & Views 2:30 Make & Create - Painting with Balloons. 4:00 Engage Activities	24 2:00 Out & About - Scenic Drive 3:15 Triple A - Fitness 3:45 News & Views 4:00 Engage Activities	25 1:30 Entertainer - Jenny and Garry 2:15 News & Views 2:30 Happy Hour 3:30 Memory Lane 4:00 Engage Activities	26 1:30 News & Views 2:00 Sensational Senses 3:00 Zumba 4:00 Engage Activities	27 11:30 Songs of Praise 1:30 News & Views 3:00 Active Games 4:00 Engage Activities
28 1:45 Triple A - Fitness 2:15 News & Views 2:30 Memory Lane 3:00 Halloween Cooking 4:00 Engage Activities	29 1:45 Triple A - Fitness 2:15 News & Views 2:30 Mind Benders - Spooky Quiz 3:00 Musical Moments 4:00 Engage Activities	30 11:00 Church Service - Ecumenical (Level 1) 1:45 Triple A - Fitness 2:15 News & Views 2:30 Halloween Craft 4:00 Engage Activities	31 Halloween 2:00 Out & About - Scenic Drive 3:15 Triple A - Fitness 3:45 News & Views 4:00 Engage Activities			