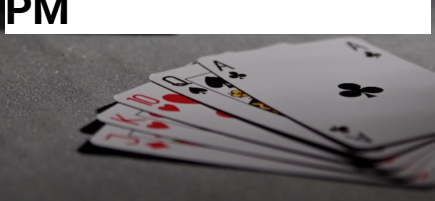
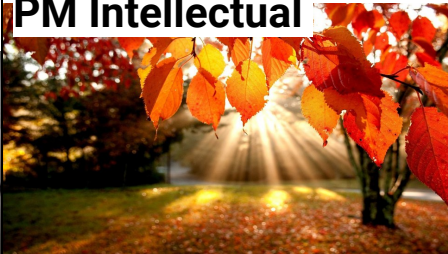
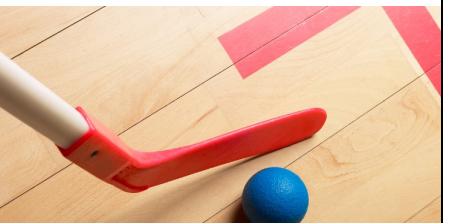
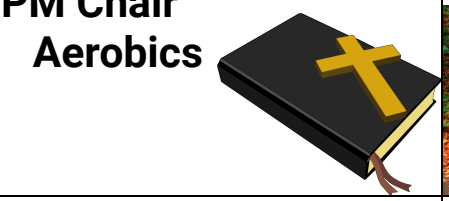
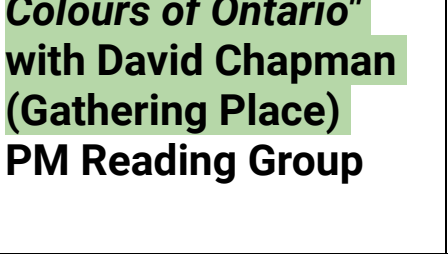
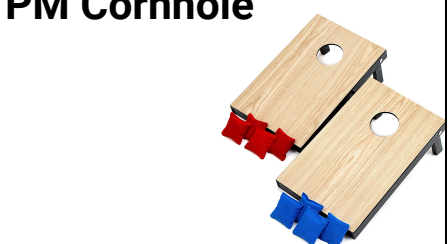
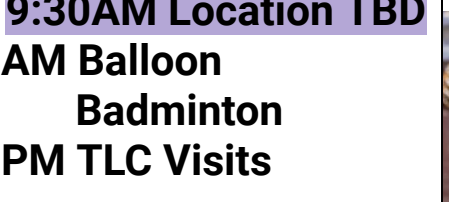


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Spiritual PM Intellectual 	AM Fun & Fit NE AM Craft Room SW 1030am Euchre NE PM 	AM Fun & Fit SW AM Emotional PM Intellectual 	AM Fun & Fit NE AM Hand Massages PM Dice Games 	AM Fun & Fit SW AM Mindfulness PM Poetry Read 	AM Floor Hockey PM TLC Visits 	Fall Fair & Car Show 10am to 3pm Main Fl. 2PM Music with Manvir (Café) 
AM Reading Group 2PM Thanksgiving Service & Fellowship with Family Worship Centre (GP) 	AM Fun & Fit NE AM Craft Room SW 1030am Euchre NE HAPPY Thanksgiving 	AM Fun & Fit SW AM Sensory Cart 1030AM Hymn Sing with Joe SW PM Fall Trivia 	AM Fun & Fit NE AM Ball Toss PM Hymn Sing HYMN SING 	AM Fun & Fit SW AM Jeopardy PM Fall Flavours Tea Social 	10AM Roman Catholic Mass (GP) St. Helen's Church PM Chair Aerobics 	AM/PM Virtual Visits & Nature Walks 
AM Spiritual PM Intellectual 	AM Fun & Fit NE AM Craft Room SW 1030am Euchre NE PM World Food Day Trivia 	AM Fun & Fit SW AM Reminiscence PM Board Games 	AM Fun & Fit NE AM Physical PM Spiritual 	AM Fun & Fit SW 10AM "The Vivid Colours of Ontario" with David Chapman (Gathering Place) PM Reading Group 	AM Mini Golf PM October Bday Bash SW 	AM/PM Virtual Visits Travelling Treat: Spooky Snack Cups 
AM Virtual Church PM Rhyme Time OPAL QUARTZ GIVE ME OPTIMISM Wear Opal Quartz for joy, optimism and creativity. This pretty gemstone is said to attract friendship and lovers. It can inspire hope, purity and happiness too. 	AM Fun & Fit NE AM Craft Room SW 1030am Euchre NE PM iPad Engagement 	AM Fun & Fit SW AM Mindful Body Scan PM Name 5 Things 	AM Fun & Fit NE AM ROM Stretches PM Hymn Sing 2PM Resident Council (Boardroom) 	AM Fun & Fit SW AM Halloween Crafts PM Cornhole 	Viewpoint Vision Care Optometry Clinic 9:30AM Location TBD AM Balloon Badminton PM TLC Visits 	AM/PM Virtual Visits Busy Hands Bins 
AM Spiritual PM Word in a Word 	AM Fun & Fit NE AM Craft Room SW 1030am Euchre NE AM/PM Halloween Funhouse Visits (GP) 	Happy Halloween! AM Fun & Fit SW 2PM Spooky Social with music by Larry (Main Floor Café) 	October 2023 3rd Floor Activity Calendar 			