







	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 2024 Dimensions of Wellness Physical  Mental/Emotional  Spiritual  Social  Intellectual  Environmental 			9 Flexibility 11 Silver sneakers 11 Parkinson's Program 130 Senior's strength/Flexibility	9 Senior's strength 1030 Resident Meeting 130 Standing balance <small>Rosh Hashanah Begins</small>	9 Flexibility 1030-12 Tele Rehab <small>(sign up REQ.)</small> 130 Standing Balance 230 Hand massage Flu Shots today	9 Senior's strength 10 Flexibility 11 Parkinson's Program 11 Silver sneakers 130 Standing balance 230 Senior's strength/Flexibility	Lymphatic Massage with Geca. See Raileigh to book your appointment!
		9 Senior's strength 10 Senior's strength 2 Reiki Appointments <small>(see Raileigh to book!)</small> 230 Hand massage	9 Flexibility 11 Silver sneakers 11 Parkinson's Program 130 Senior's strength/Flexibility	9 Senior's strength 10 Daycare Visit 11 Parkinson's Program 130 Standing balance	9 Flexibility 1030-12 Tele Rehab <small>(sign up REQ.)</small> 130 Standing Balance 230 Hand massage	9 Senior's strength 10 Flexibility 11 Silver sneakers 11 Parkinson's Program 130 Standing balance 230 Senior's strength/Flexibility <small>Yom Kippur Begins</small>	<i>"Tough times never last, but tough people do."</i>
		STAT <small>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</small>	No Classes	No Classes <small>Sukkot Begins</small>	9 Flexibility 10 Flexibility 11 Silver sneakers 130 Standing Balance 230 Hand massage Rai gone, Tyna covering	9 Senior's strength 10 Flexibility 11 Silver sneakers 130 Standing balance 230 Senior's strength/Flexibility Rai gone, Nelly covering	<i>"Nothing holds you back more than your own insecurities."</i>
		9 Senior's strength 10 Pelvic Floor Exercise Program <small>(sign up REQ.)</small> 11 Parkinson's Program 130 Standing balance 230 Hand massage	9 Flexibility 11 Silver sneakers 130 Senior's strength/Flexibility	9 Senior's strength 10 Daycare Visit 130 Standing balance	9 Flexibility 1030-12 Tele Rehab <small>(sign up REQ.)</small> 130 Standing Balance 230 Hand massage <small>Simchat Torah Begins</small>	9 Senior's strength 10 Pelvic Floor Exercise Program <small>(sign up REQ.)</small> 11 Parkinson's Program 130 Standing balance 230 Senior's strength/Flexibility	<i>"The best preparation for tomorrow is doing your best today."</i>
		9 Senior's strength 10 Pelvic Floor Exercise Program <small>(sign up REQ.)</small> 11 Parkinson's Program 130 Standing balance 230 Hand massage	9 Flexibility 11 Silver sneakers 11 Parkinson's Program 130 Senior's strength/Flexibility	9 Senior's strength 10 Pelvic Floor Exercise Program <small>(sign up REQ.)</small> 11 Parkinson's Program 130 Standing balance	9 Flexibility 1030-12 Tele Rehab <small>(sign up REQ.)</small> 130 Standing Balance 230 Hand massage <small>Halloween</small>	Health & Wellness	

Calendar is subject to change

October 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>9 HOT HAND WAX 1 11 LUNCH OUTING TO OLD GRIND AND SCENIC DRIVE TO CADOMIN 2 DECORATE FOR FALL 630 CARD BINGO</p>	<p>10 MORNING REFLECTIONS 2 1030 RESIDENT MEETING 2 OKTOBERFEST HAPPY HOUR</p>	<p>930-4 FLU VACCINE IN ACTIVITY 3 CENTER 10 LIBRARY HOUR 2ND FLOOR 1 SHOP N SNACK 2 CRIBBAGE 630 CARD BINGO</p>	<p>930 MUSIC AND MOVEMENT 4 10 COOKING WITH KALLAN 2 BIRTHDAY CELEBRATIONS</p>	<p>10 PAPER BINGO 5 130 SHOW & SHARE 230 HORSE RACE GAME</p>
<p>"SET YOURSELF FREE" 6</p>	<p>10 BAKING WITH KALLAN FOR THE CRAFT FAIR 7 130 10 CENT BINGO 3 ICE CREAM SOCIAL</p>	<p>9 HOT HAND WAX 8 11 MR.MIKES LUNCH OUTING & SCENIC DRIVE THE BRULE 630 CARD BINGO</p>	<p>10 MORNING REFLECTIONS 9 2 HAPPY HOUR</p>	<p>930 MUSIC AND MOVEMENT 10 1 SHOP N SNACK 2 CRIBBAGE 630 CARD BINGO WITH HINTON YOUTH GROUP</p>	<p>11 THANKSGIVING ACTIVITY 11 FILL BAGS FOR THE HOMELESS 2 DROP OFF THANKSGIVING BAGS TO "HELP" & GO FOR DESSERT AT THE ATHA B</p>	<p>9-11 PET THERAPY 1ST AND 2ND 12 FLOOR 130 MAKING CHRISTMAS PLACEMENTS WITH GLORY</p>
<p>"ESCAPE THE ORDINARY" 13</p>	<p>130 10 CENT BINGO 14 3 ICE CREAM SOCIAL (KITCHEN DOES THIS) STAT</p>	<p>9 HOT HAND WAX 15 11 KFC LUNCH OUTING AND THRIFT SHOPPING 630 CARD BINGO</p>	<p>9 FIBER ARTS CLUB WITH TYNA 16 10 MORNING REFLECTIONS 2 HAPPY HOUR</p>	<p>10 NORTHERN ROCKIES 17 MUSEUM 1 SHOP N SNACK 2 CRIBBAGE 630 CARD BINGO</p>	<p>930 MUSIC AND MOVEMENT 18 10 COOKING WITH KALLAN 1 ONE ON ONE 2 SINGER DAHLIA</p>	<p>9 HOT DRINKS AND HOT TOPICS 19 11 SCRABBLE 1 HEARING CLINIC 130 KARAOKE & ICE- CREAM FLOATS 7 PAINT & SIP NIGHT EVENT</p>
<p>"BE THE VOICE NOT THE ECHO" 20</p>	<p>10 BAKING WITH KALLAN FOR THE CRAFT FAIR 21 130 10 CENT BINGO 3 ICE CREAM SOCIAL</p>	<p>9 HOT HAND WAX 22 1030 SCENIC DRIVE TO JASPER AND LUNCH OUTING 630 CARD BINGO</p>	<p>9 DECORATE FOR HALLOWEEN 23 10 MORNING REFLECTIONS 10 PAINT PUMPKINS 2 HAPPY HOUR</p>	<p>930 MUSIC AND MOVEMENT 24 10 PAINT PUMPKINS 1 SHOP N SNACK 2 HARBOUR LIGHTS YOUTH CHOIR 630 CARD BINGO WITH HINTON YOUTH GROUP</p>	<p>10 HALLOWEEN CANDY BAGS 25 10 COOKING WITH KALLAN 1 ONE ON ONE 2 DOCTORS PRESENTATION IN THE ACTIVITY CENTER</p>	<p>9-11 PET THERAPY 1ST AND 2ND 26 FLOOR 130 DONUTS & TRIVIA</p>
<p>"PROTECT YOUR PEACE" 27</p>	<p>10 BAKING WITH KALLAN FOR THE CRAFT FAIR 28 130 10 CENT BINGO 3 ICE CREAM SOCIAL</p>	<p>9 HOT HAND WAX 29 11 THE BLEND LUNCH OUTING & LIBRARY STOP 2 PASS THE CANVAS 630 CARD BINGO</p>	<p>10 MORNING REFLECTIONS 30 10 HEADSTART KIDS VISIT 3yr olds 130 HALLOWEEN CANDY BAGS 1 SHOP N SNACK</p>	<p>10 HALLOWEEN MOVIE AND POPCORN 31 10 HEADSTART KIDS VISIT 4yr olds 2 HALLOWEEN HAPPY HOUR PRIZES FOR BEST COSTUME 50/50 DRAW 2 CRIBBAGE IS CANCELLED 630 CARD BINGO IS CANCELLED?</p>	<p>CALENDAR IS SUBJECT TO CHANGE</p>	