



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 9:30 JOINT ROTATION EXERCISES  11:00 BUS TRIP FALL COLOUR TOUR ENDING AT TRESTLE CREEK FOR TOUR OF GOLF RESORT @ 2:30	<b>2</b> 9:30 STRENGTH EXERCISES (DUMBELLS)  10:30 FUN WITH WORDS  2:00 BINGO WITH GRADE 9's  <small>Rosh Hashanah Begins</small>	<b>3</b> 9:30 FLEXIBILITY EXERCISES  10:30 WHAT IS IN THE BOX??  2:00 LAUGHING YOGA 3:00 DIGITAL LITERACY  HELEN PETER'S BIRTHDAY	<b>4</b> 9:30 STRENGTH EXERCISES (RESISTANCE BANDS)  10:30 FOOD CLUB  2:00 FLOOR CURLING  6:15 MUSIC - EDWARD PIMM	<b>5</b>
<b>6</b>	<b>7</b> 10:30 BIBLE STUDIES  11:00 LIBRARY  2:00 RED ROSE DANCERS  TRACEY @ CONFERENCE	<b>8</b> 9:30 SENIOR STRENGTH WITH MOUSA  1:30 FLEXIBILITY W/MOUSA  2:15 CARDS - PENNIES	<b>9</b> 9:30 JOINT ROTATION EXERCISES  2:00 TV HORSE RACES W/ EDSON  4:00 CATHOLIC SERVICES	<b>10</b> 9:30 STRENGTH EXERCISES (DUMBELLS) 10:15 WALK TO BAKERY  1:00 HEARING AID CLINIC 2:00 LAUGHING YOGA 3:00 DIGITAL LITERACY	<b>11</b> 9:30 FLEXIBILITY EXERCISES  2:00 MUSIC - BRIAN HOPWOOD 2:00 MUSIC - SKIP C.C.  <small>Yom Kippur Begins</small>	<b>12</b>
<b>13</b> TIPPLE BAPTIST CHURCH PASTOR DWAYNE BARTLEY 6:30 P.M.	<b>14</b> HAPPY THANKSGIVING  <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)</small>	<b>15</b> 9:30 MOUSA - EXERCISES  1:30 FLEXIBILITY W/ MOUSA  2:00 ARTHRITIS PRESENTATION - MOUSA	<b>16</b> 9:30 STRENGTH EXERCISES (RESISTANCE BANDS) 10:30 ARM CHAIR TRAVEL-BORNEO  2:00 MUSIC - GLEN & SYLVIA 2:00 MUSIC - SEBA JAMMERS C.C.  <small>Sukkot Begins</small>	<b>17</b> 9:30 HAND STRENGTH EXERCISES  10:00 COFFEE WITH NATASHA  2:00 LAUGHING YOGA 3:00 DIGITAL LITERACY	<b>18</b> 9:30 JOINT ROTATION EXERCISES  11:00 SHOPPING DV  2:00 MUSIC - SKIP C.C.	<b>19</b>
<b>20</b> ENTWISTLE CHURCH PASTOR ERICH 2:00 P.M.	<b>21</b> 9:30 SENIOR STRENGTH WITH MOUSA 10:30 BIBLE STUDIES 11:00 LIBRARY  1:30 FLEXIBILITY W/MOUSA 2:00 RED ROSE DANCERS 3:00 (ish) CARDS	<b>22</b> 9:30 STRENGTH EXERCISES (DUMBELLS)  10:30 FAMILY FEUD  2:00 DICE HORSE RACES	<b>23</b> 9:00 MAYFIELD THEATRE  SANDIE HABKIRK BIRTHDAY	<b>24</b> 9:30 STRENGTH EXERCISES (RESISTANCE BANDS)  10:30 RESIDENT MEETING  2:00 LAUGHING YOGA 3:00 DIGITAL LITERACY  <small>Simchat Torah Begins</small>	<b>25</b> 9:30 HAND STRENGTH EXERCISES 10:30 FUN WITH WORDS  2:00 PUMPKIN CARVING 2:00 MUSIC- SKIP C.C.	<b>26</b>
<b>27</b> HYMN SING 2:00 P.M.	<b>28</b> 9:30 SENIOR STRENGTH WITH MOUSA 10:30 BIBLE STUDIES  PEDICURES BY SHAMEN  2:00 STROKE PRESENTATION MOUSA 3:00 CARD GAME	<b>29</b> 9:30 JOINT ROTATION EXERCISES  PEDICURES BY SHAMEN  FACIALS/HAND MASSAGES	<b>30</b> 9:30 STRENGTH EXERCISES (DUMBELLS) 11:00 PACK HALLOWEEN TREAT BAGS  2:00 MUSIC - ELMER RIEHL - BIRTHDAY SOCIAL  DALE LAW BIRTHDAY	<b>31</b> 9:30 FLEXIBILITY EXERCISES  2:00 HALLOWEEN SOCIAL AND COSTUME PARTY  <small>Halloween</small>		

CALENDAR SUBJECT TO CHANGE

BIRTHDAYS HELEN PETERS OCTOBER 3; SANDIE HABKIRK OCTOBER 23; DALE LAW OCTOBER 30