

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2026

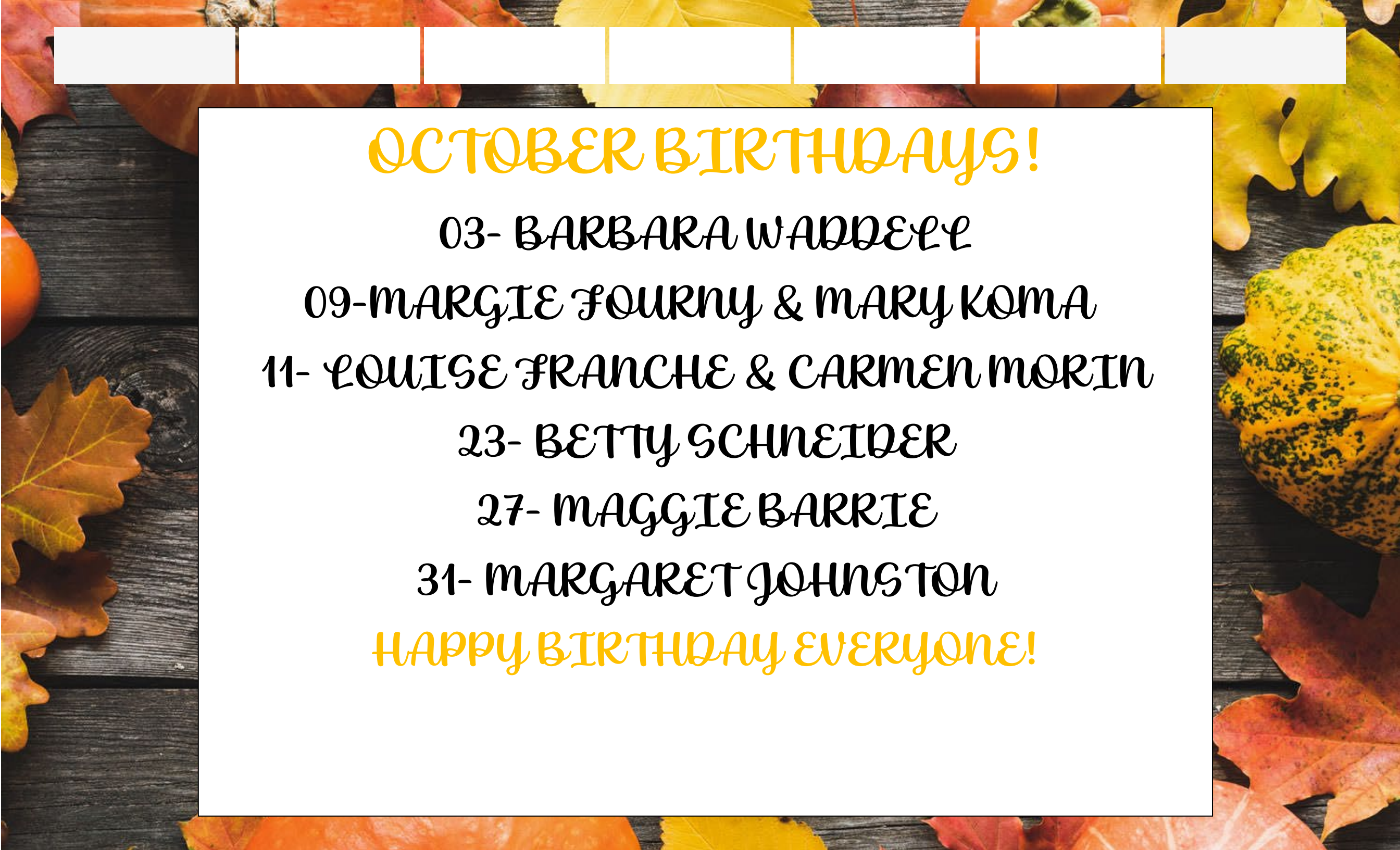
Health & Wellness

					9 Senior's strength seated exercise 10 Silver sneakers 11 Walk Across Canada monthly meeting & step collection	1 SELF-DIRECTED FRIDAY'S MEANS YOU CAN CHOOSE WHAT ACTIVITIES WILL HELP YOUR PHYSICAL, MENTAL, AND SOCIAL WELLNESS TODAY. ASK RYLEE FOR IDEAS!	2 Have a great weekend Simchat Torah Begins
Have a great weekend	4 9 Monday movement 10 Pelvic floor exercise (sign up req.) 11 Parkinson's exercise 130 Standing balance	5 9 Senior's strength seated exercise 10 Silver sneakers 11 Flexibility (3 rd floor seating area by double elevator)	6 9 Wednesday workout 10 Pelvic floor women's health exercise (sign up req.) 1030 Resident meeting 1-3 Tele Rehab (sign up req.)	7 9 Senior's strength seated exercise 10 Silver sneakers 11 Thai chi	8 9 Senior's strength seated exercise 10 Silver sneakers 11 Thai chi	9 SELF-DIRECTED FRIDAY'S MEANS YOU CAN CHOOSE WHAT ACTIVITIES WILL HELP YOUR PHYSICAL, MENTAL, AND SOCIAL WELLNESS TODAY. ASK RYLEE FOR IDEAS!	10 Have a great weekend
Have a great weekend	11 Happy Thanksgiving No wellness classes today	12 9 Senior's strength seated exercise 10 Silver sneakers 11 Flexibility (3 rd floor seating area by double elevator)	13 9 Wednesday workout 10 Pelvic floor women's health exercise (sign up req.) 11 Standing balance 1-3 Tele Rehab (sign up req.)	14 9 Senior's strength seated exercise 10 Silver sneakers 11 Wellness check-ins	15 9 Senior's strength seated exercise 10 Silver sneakers 11 Wellness check-ins	16 SELF-DIRECTED FRIDAY'S MEANS YOU CAN CHOOSE WHAT ACTIVITIES WILL HELP YOUR PHYSICAL, MENTAL, AND SOCIAL WELLNESS TODAY. ASK RYLEE FOR IDEAS!	17 Have a great weekend
Have a great weekend	18 9 Monday movement 10 Pelvic floor exercise (sign up req.) 11 Parkinson's exercise 130 Standing balance	19 9 Senior's strength seated exercise 10 Silver sneakers 11 Flexibility (3 rd floor seating area by double elevator)	20 9 Wednesday workout 10 Pelvic floor women's health exercise (sign up req.) 11 Standing balance 1-3 Tele Rehab (sign up req.)	21 9 Senior's strength seated exercise 10 Silver sneakers 11 Thai chi	22 9 Senior's strength seated exercise 10 Silver sneakers 11 Thai chi	23 SELF-DIRECTED FRIDAY'S MEANS YOU CAN CHOOSE WHAT ACTIVITIES WILL HELP YOUR PHYSICAL, MENTAL, AND SOCIAL WELLNESS TODAY. ASK RYLEE FOR IDEAS!	24 Have a great weekend
Have a great weekend	25 9 Monday movement 10 Pelvic floor exercise (sign up req.) 11 Parkinson's exercise 1245 Reiki (by apt. only)	26 9 Senior's strength seated exercise 10 Silver sneakers 11 Flexibility (3 rd floor seating area by double elevator)	27 9 Wednesday workout 10 Pelvic floor women's health exercise (sign up req.) 11 Standing balance 1-3 Tele Rehab (sign up req.)	28 9 Senior's strength seated exercise 10 Silver sneakers 11 Wellness check-ins	29 9 Senior's strength seated exercise 10 Silver sneakers 11 Wellness check-ins	30 SELF-DIRECTED FRIDAY'S MEANS YOU CAN CHOOSE WHAT ACTIVITIES WILL HELP YOUR PHYSICAL, MENTAL, AND SOCIAL WELLNESS TODAY. ASK RYLEE FOR IDEAS!	31 Have a great weekend Halloween

Calendar subject to change

October 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				830 DECORATING FOR FALL 9 COFFEE WITH A COUNCILLOR 10 NEWFOUNDLAND TOUR – EPISODE 2 10 LIBRARY HOUR 1 SHOP N SNACK 130 HORSE RACE GAME 630 CARD BINGO	9 CRAFTERS CORNER ON THE 3 RD FLOOR 9 BAKING FOR BAKE SALE 2 BIRTHDAY CELEBRATION	9 PET THERAPY 1030 DRAMA CLUB 130 PAPER BINGO
2 CARD BINGO 4	9 SATIN HANDS & GEL POLISH 130 10 CENT BINGO 245 ICE CREAM SOCIAL 5	1030 SCRABBLE 11 LUNCH OUTING TO BURGER KING SCENIC DRIVE TO BRULE 130 SEW & SEW WITH COLLEEN 2 MOVIE “THE MOTHER” & POPCORN 630 CARD BINGO 6	9 HOT HAND WAX 9 ELECTRIC CAR RIDES 10 MORNING REFLECTIONS 1030 RESIDENT MEETING 2 OKTOBERFEST SOCIAL HOUR 630 CRIBBAGE 7	9 BREAKFAST AT GABBYS & MAKING HALLOWEEN TREAT BAGS 10-3 FLU SHOTS IN THE SMALL MEETING ROOM 1 SHOP N SNACK 130 HORSE RACE 630 CARD BINGO WITH HINTON YOUTH GROUP 8	9 BINGO ON THE 3 RD FLOOR 9 BAKING WITH KALLAN FOR THE CRAFT FAIR 1 PRESENTATION BY KRISTEN WHITE “ORGANIZING FOR EASY LIVING” 3 THANKSGIVING CELEBRATION WITH ORANGE ICE-CREAM FLOATS 9	930 LEFT RIGHT AND CENTER 1030 DRAMA CLUB 130 CRAFT WITH TYNA 10
2 CARD BINGO 11	HAPPY THANKSGIVING *STAT* 130 10 CENT BINGO 12	11 MONTANA'S RESTAURANT AND SCENIC DRIVE TO CADOMIN 2 MOVIE “DOLLY PARTON TRIBUTE” & POPCORN 630 CARD BINGO 13	9 HOT HAND WAX 10 MORNING REFLECTIONS 2 SOCIAL HOUR 630 CRIBBAGE 14	9 MAKE HALLOWEEN TREAT BAGS 10 SCRABBLE 1 SHOP N SNACK 130 HORSE RACE 630 CARD BINGO 15	9 FIBER ARTS WITH TYNA 130 AFTERNOON COFFEE AT GABBYS & SNACK 230 TRIVIA 16	9 PET THERAPY 1030 DRAMA CLUB 130 PAPER BINGO 17
2 CARD BINGO 18	8 AM – 2 PM POLLING STATION FOR REFERENDUM 130 10 CENT BINGO 245 ICE CREAM SOCIAL 19	1030 YAHTZEE 2 MOVIE “A STAR IS BORN” & POPCORN 630 CARD BINGO 20	9 HOT HAND WAX 10 MORNING REFLECTIONS 2 SOCIAL HOUR 630 CRIBBAGE 21	9 DECORATE FOR HALLOWEEN 10 NORTHERN ROCKIES MUSEUM 1 SHOP N SNACK 130 HORSE RACE 6 “THE MOP TOP FOUR” AT THE PATH TYNA 630 CARD BINGO WITH HINTON YOUTH GROUP 22	9 BAKING WITH KALLAN FOR THE CRAFT FAIR 2 APPIES & MOCKTAILS IN THE TAVERN 630 SPELLING BEE IN TAVERN TICKET REQUIRED - \$40 SIGN-UP SHEET POSTED 23	930 FIBER ARTS 1030 DRAMA CLUB 130 PICTONARY 24
2 CARD BINGO 25	9 SATIN HANDS & GEL POLISH 130 10 CENT BINGO 245 ICE CREAM SOCIAL 6 HALLOWEEN DOG PARADE THROUGH MAIN FLOOR HALLWAY 26	1030 WII BOWLING 130 SEW & SEW WITH COLLEEN 130 HEARING CLINIC 2 MOVIE” THE MAGNIFICENT SEVEN” & POPCORN 27	9 HOT HAND WAX 10 PAINT PUMPKINS 10 MORNING REFLECTIONS 2 SOCIAL HOUR & 50/50 DRAW 630 CRIBBAGE 28	9 PAINT PUMPKINS 1 SHOP N SNACK 130 HORSE RACE 630 CARD BINGO 29	9 BAKING WITH KALLAN FOR THE CRAFT FAIR 1 VISIT TO NORTHERN ROCKIES MUSEUM TO VIEW, “THE FIRE /RECOVERY ART EXHIBIT” & RELAX WITH COFFEE/DONUTS 30	1030 DRAMA CLUB 2 HALLOWEEN COSTUME CONTEST IN MAIN DINING ROOM AND PARADE GIVING OUT HALLOWEEN TREATS AT FRONT DOOR 31



--	--	--	--	--	--	--

OCTOBER BIRTHDAYS!

03- BARBARA WADDELL

09- MARGIE FOURNY & MARY KOMA

11- LOUISE FRANCHE & CARMEN MORIN

23- BETTY SCHNEIDER

27- MAGGIE BARRIE

31- MARGARET JOHNSTON

HAPPY BIRTHDAY EVERYONE!