

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>9:30 Chair Yoga 10:15 Virtual Pet Therapy 11:00 Family Video Chat 11:00 Resident Choice Meeting 1:30 Monthly IQ (MT/GT) 2:15 Music w Megan (MG) (MT/GT) 2:15 Bedside Visits 3:00 Bible Study w Megan (MG) (MT/GT) 3:00 Courtyard Stroll 6:30 Pub Night w Terry's Tunes (Noble Hall)</p>	<p>1 TREAT TROLLEY AM 9:30 Exercise Class (MT/GT) 9:30 Visual Relaxation (MT/GT) 10:15 Hygee Question Game 11:00 Colour with Me 1:30 Psalms & Songs w Megan (MG) (MT/GT) 1:30 Card Game Visit 2:15 Who, What, Where? 6:15 Trivia (MT/GT) 7:15 Bean Bag Toss (MT/GT) 7:45 Recreation Visit <small>Rosh Hashanah Begins</small></p>	<p>2 9:30 Virtual Church Service (MT/GT) 9:30 Virtual Catholic Mass (MT/GT) 10:15 Ride to the Rhythm MT/GT (CS) 10:15 Bingo 11:00 Chair Yoga 11:00 Family Video Chat 1:30 Hymn Sing w Cynthia (Noble Hall) 2:30 Snoezelen Room 6:15 OBIE Games (MT/GT) 7:00 Recreation Visit</p>	<p>3 9:30 Virtual Bible Study 10:15 Exercise Class 11:00 Bingo (MT/GT) 1:30 Royal History 2:15 Café Visits (MT/GT) 3:00 Sit & Socialize 6:15 Musical Memories (MT/GT) 7:00 Recreation Visit</p>	<p>4 9:45 Sing A Long with Susie (MT/GT) 10:45 Table Bowling (MT/GT) 3:00 Recreation Visit</p>
<p>6 10:00 Church Service w Randy Mackenzie (Noble Hall) 10:50 Eucharist Visits 2:15 Trivia Time (MT/GT) 3:00 Recreation Visit</p>	<p>7 9:30 Spiritual Discussions 10:15 Exercise Class 11:00 Bingo (MT/GT) 1:30 Knit & Chat @ Cafe 1:30 Beauty Boutique 2:15 Music Documentary (MT/GT) 2:15 Name that Tune (MT/GT)</p>	<p>8 9:30 Chair Yoga 10:15 Take Your Best Guess Trivia 11:00 Joyful Reflections 11:00 Family Video Chat 1:30 Grateful Pumpkin (MT/GT) 2:15 Music w Megan (MG) (MT/GT) 2:15 Bedside Visits 3:00 Bible Study w Megan (MG) (MT/GT) 3:00 Social Visit 3:00-4:30 Falls Prevention MT/GT/DC 6:30 Pub Night w Wally Maggs (Noble Hall)</p>	<p>9 TREAT TROLLEY AM 9:30 Exercise Class (MT/GT) 9:30 Visual Relaxation (MT/GT) 10:00 Family Video Chat 10:15 EZ Short Stories 11:00 The Beatles Documentary (Celebrating John Lennon's Birthday) 1:30 Psalms & Songs w Megan (MG) (MT/GT) 1:30 YouTube & You Visit 2:15 Thanksgiving Traditions 3:00 Hallway Chat 6:15 Trivia (MT/GT) 7:15 Table Bowling (MT/GT) 7:45 Recreation Visit</p>	<p>10 9:30 Virtual Church Service (MT/GT) 9:30 Virtual Catholic Rosary (MT/GT) 10:15 Bingo 11:00 Chair Yoga 11:00 Family Video Chat 1:30 Shuffleboard 2:15 Senses & Serenity 3:00 Plant Care Visit 6:15 OBIE Games (MT/GT) 7:00 Recreation Visit <small>Yom Kippur Begins</small></p>	<p>11 9:30 Golden Apple Scripture 10:15 Exercise Class 11:00 Bingo (MT/GT) 1:30-3:00 Movie Afternoon 6:15 Virtual Concert (MT/GT) 7:00 Recreation Visit</p>	<p>12 9:45 I Hear Memories (MT/GT) 10:45 Plinko (MT/GT) 3:00 Recreation Visit</p>
<p>13 10:00 Church Service w Recreation (Noble Hall) 10:50 Eucharist Visits 2:15 Trivia Time (MT/GT) 3:00 Recreation Visit</p>	<p>14  HAPPY THANKSGIVING <small>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</small></p>	<p>15 9:30 Chair Yoga 10:15 10 Clues: What is It? 11:00 Bingo (MT/GT) 11:00 Family Video Chat 1:30 Family Feud (MT/GT) 2:15 Music w Megan (MG) (MT/GT) 2:15 Bedside Visits 3:00 Bible Study w Megan (MG) (MT/GT) 3:00 Sensory Walk 6:30 Pub Night w Monique H (Noble Hall)</p>	<p>16 TREAT TROLLEY AM 9:30 Exercise Class (MT/GT) 9:30 Visual Relaxation (MT/GT) 10:15 Treasured Tunes 11:00 Concentration 1:30 Resident Council Meeting 1:30 Psalms & Songs w Megan (MG) (MT/GT) 1:30 Card Game Visit 2:15 Retro TV Show Afternoon 6:15 Trivia (MT/GT) 7:15 Ring Toss (MT/GT) 7:45 Recreation Visit <small>Sukkot Begins</small></p>	<p>17 9:30 Virtual Church Service (MT/GT) 9:30 Virtual Catholic Mass (MT/GT) 10:15 Bingo 10:15 Ride to the Rhythm MT/GT (CS) 11:00 Chair Yoga 11:00 Family Video Chat 1:30 Growing w Friends MT/GT (CS) 1:30 Inflatable Ring Toss 2:15 Relaxation Room 3:00 Resident Choice Visit 6:15 OBIE Games (MT/GT) 7:00 Recreation Visit</p>	<p>18 9:30 Virtual Bible Study 10:15 Exercise Class 11:00 Bingo (MT/GT) 2:00 Welcome Party (Noble Hall) 6:15 Musical Memories (MT/GT) 7:00 Recreation Visit</p>	<p>19 9:45 Music Trivia (MT/GT) 10:45 Mini Putt (MT/GT) 3:00 Recreation Visit</p>
<p>20 10:00 Church Service w Gary Crosbie (Noble Hall) 10:50 Eucharist Visits 2:15 Trivia Time (MT/GT) 3:00 Recreation Visit</p>	<p>21 9:45 Morning Drive DC/MT/GT 9:45 Hymns & Devotionals 10:30 Exercise Class 11:15 Bingo (MT/GT) 1:30 Knit & Chat @ Cafe 1:30 Guided Meditation 2:15 Travelogue (MT/GT) 2:15 Miniature Monday (MT/GT)</p>	<p>22 9:30 Chair Yoga 10:15 Modern Jeopardy Trivia 11:00 Warmth & Relaxation 11:00 Family Video Chat 1:30 Bean Bag X's & O's (MT/GT) 2:15 Music w Megan (MG) (MT/GT) 2:15 Bedside Visits 3:00 Bible Study w Megan (MG) (MT/GT) 3:00 Sit & Socialize 3:00-4:30 Falls Prevention MT/GT/DC 6:30 Pub Night w Jim Y (Noble Hall)</p>	<p>23 TREAT TROLLEY AM 9:30 Exercise Class (MT/GT) 9:30 Visual Relaxation (MT/GT) 10:00 Family Video Chat 10:15 Read with Me 11:00 Cranium Crunches 1:30 Psalms & Songs w Megan (MG) (MT/GT) 1:30 Terrace Talks 2:15 Toss & Talk 3:00 Walk & Talk 6:15 Trivia Time (MT/GT) 7:15 Shuffleboard (MT/GT) 7:45 Recreation Visit</p>	<p>24 9:30 Virtual Church Service (MT/GT) 10:15 In the Know News 11:00 Bingo (MT/GT) 11:00 Catholic Mass (Noble Hall) 11:00 Family Video Chat 1:30 Growing w Friends MT/GT (CS) 1:30 Target Toss 2:15 Multi-Sensory Room 3:00 Plant Care Visit 6:00 Ride to the Rhythm MT/GT (CS) 6:15 OBIE Games (MT/GT) 7:00 Recreation Visit <small>Simchat Torah Begins</small></p>	<p>25 9:30 Hymn Sing with Susie 10:15 Exercise Class 11:00 Bingo (MT/GT) 11:00 Lunch Trip MT/GT 1:30 Halloween Movie Matinee (Noble Hall) 6:15 Music History (MT/GT) 7:00 Recreation Visit</p>	<p>26 9:45 Sing A Long to Dance Tunes of the 50s (MT/GT) 10:45 Beach Ball Fun (MT/GT) 3:00 Recreation Visit</p>
<p>27 10:00 Church Service w Cynthia (Noble Hall) 10:50 Eucharist Visits 2:15 Trivia Time (MT/GT) 3:00 Recreation Visit</p>	<p>28 9:30 Spiritual Lessons 10:15 Exercise Class 11:00 Bingo (MT/GT) 1:30 October Birthday Party (Noble Hall)</p>	<p>29 9:30 Chair Yoga 10:15 Modern Marvels: How Coffee is Made 11:00 Babies & Laughter 11:00 Family Video Chat 1:30 Bell Ringing (MT/GT) 2:15 Music w Megan (MG) (MT/GT) 2:15 Bedside Visits 3:00 Bible Study w Megan (MG) (MT/GT) 3:00 Seasonal Décor Visit 6:30 Pub Night w Barry M (Noble Hall)</p>	<p>30 TREAT TROLLEY AM 9:30 Exercise Class (MT/GT) 9:30 Visual Relaxation (MT/GT) 10:15 Getting to Know Your Neighbors 11:00 Categories 1:30 Psalms & Songs w Megan (MG) (MT/GT) 1:30 Short Story Visits 2:15 Calendar Chats 4:45 Pizza & Salad Supper Club 7:15 Bean Bag Toss (MT/GT) 7:45 Recreation Visit</p>	<p>31 9:30 Virtual Church Service (MT/GT) 9:30 Virtual Catholic Rosary (MT/GT) 10:15 Bingo 11:00 Chair Yoga 11:00 Family Video Chat 1:30 Halloween Party (Noble Hall)  6:15 OBIE Games (MT/GT) 7:00 Recreation Visit</p>	<p>GRAND TERRACE </p>	

Any Questions-Contact Megan B at Ext 4257

In the instance of an outbreak 1:1 programs will be provided

Programs ran by MG/CS may be cancelled due to availability

Programs are subject to change