October 2026

Afternoon Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 12:00 Coffee & Check-In 1:00 Move to the Beat 2:00 A-Z Trivia Time 3:00 Refreshment Time 3:30 Penny Snatch 4:00 Bean Bag Toss	2 12:00 Let's Chat 1:00 Chair Exercises 2:00 Smarties Social 3:00 Snack and Chat 3:30 Thankful Jar 4:00 Music Bingo	3 Simchat Torah Begins
4	5 12:00 In the Paper 1:00 Fun & Fitness 2:00 Hymn Sing 3:00 Reflect and Unwind 3:30 Let's Read Together 4:00 Mini Putt	6 Tunes Tuesday 12:00 Learn a New Word 1:00 Name the Singer 2:00 Rocking Exercises 3:00 Social Group 3:30 Wheel of Fortune 4:00 Bean Bag Toss	7 12:00 Community News 1:00 Let's Move 2:00 Pumpkin Seed Trivia 3:00 Beverage and Snack 3:30 Outburst 4:00 Shuffleboard	8 12:00 Let's Chat 1:00 Stretch & Soothe 2:00 Hymn Sing-A-Long 3:00 Tea Time Trivia 3:30 Name That tune 4:00 Bowling	9 12:00 Learn a New Song 1:00 Let's Move 2:00 Cake Decorating 3:00 Afternoon Snack 3:30 Guess the Person… 4:00 Classic Bingo	10
11	12 Happy Thanksgiving! Program Closed Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	13 12:00 How Was Your Thanksgiving? 1:00 Chicken Dance Exercises 2:00 Jokes and Riddles 3:00 Reflect and Unwind 3:30 Animal Bingo 4:00 Bean Bag Toss	Oatmeal Day 14 12:00 Group Check-In 1:00 What Is Oatmeal 2:00 Colour and Calm 3:00 Oatmeal Cookies 3:30 Hymn Songs to Share 4:00 Darts	15 12:00 New Word Study 1:00 Sing & Stretch 2:00 Finish the Phrase… 3:00 Nourish Your soul 3:30 Golf 4:00 Colouring Fall Leaves	16 12:00 In the News 1:00 Mindfulness and Meditation 2:00 Math Study 3:00 Group Chat and Snack 3:30 What is Your Favourite Hymn 4:00 Card Bingo	17
18	19 12:00 What Is Your avourite Food? 1:00 Chair Dancing 2:00 Guess the Person 3:00 Reflect and Unwind 3:30 Finish the Phrase 4:00 Bowling	20 12:00 Learn a New Song 1:00 Move with Me 2:00 Hymn Songs 3:00 Refreshment Hour 3:30 Outburst 4:00 Golf	21 12:00 Share a Favourite Memory 1:00 Music & Motion 2:00 Apple Trivia 3:00 Beverage and Apple Cookies 3:30 Wheel of Fortune 4:00 Bean Bag Toss	22 Nuts About Squirrels 12:00 In the News 1:00 Squirrel Trivia 2:00 Wildlife Bingo 3:00 Enjoy a Break 3:30 Hymn Singing 4:00 Karaoke	23 12:00 Believable or Batty? 1:00 Noodle Exercises 2:00 Animal Trivia 3:00 Reflect and Unwind 3:30 Horse Races 4:00 Under the B!!!!	24
25	Pumpkin Day 26 12:00 Welcome-Great to See you! 1:00 Pumpkin Trivia 2:00 Decorate a Pumpkin 3:00 Refreshment Hour 3:30 Short Stories 4:00 Shuffleboard	27 12:00 Math Study 1:00 Noodle Exercises 2:00 Name That Tune 3:00 Take a Break 3:30 Hot Potato 4:00 Outburst	28 12:00 Around the Neighbourhood 1:00 Music and Motion 2:00 Chocolate Fads 3:00 Cookies and Tea 3:30 Travel Log 4:00 Chocolate Trivia	29 12:00 Learn a New Word 1:00 Thrilling Exercises 2:00 Animal Match 3:00 Social Hour 3:30 Wheel of Fortune 4:00 Dice Roll	All Things Spooky 30 12:00 Currently Happening 1:00 Monster Mash Exercises 2:00 Costume Photo Booth 3:00 Hallowe'en Treats 3:30 Make a Treat Bag to Take Home 4:00 Cranium Crunches	31 Halloween

For more information about the Day and Stay Program, please call Lisa Clarkson (519) 754-4065