October 2026

Day Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Coffee Day 9:00 In the News 10:00 All About Coffee 10:30 Wheel of Fortune 1:00 Let's Move It 2:00 Food Finish the Line	2 9:00 Current Event 10:00 Guess It! 10:30 Bells 1:00 Time to Stretch 2:00 Bingo	3 Simchat Torah Begins
4	5 9:00 What's New 10:00 Trivia Time 10;30 Book Club 1:00 Music & Motion 2:00 Hymn Sing	6 9:00 Coffee Club 10:00 Tell Me 10:30 A Picture is Worth a Thousand Words 1:00 Fun & Fitness 2:00 Karaoke	7 All About Owls 9:00 Current Events 10:00 Meet the Owl 10:30 Have a Hoot 1:00 Ole Exercises 2:00 Name the Bird	8 9:00 In the News 10:00 Give an Answer 10:30 Art Morning 1:00 Sing & Stretch 2:00 Alphabet Brainstorm	9 Thanksgiving Lunch 9:00 What's new 10:00 Holiday Trivia 10:30 In the Kitchen 1:00 Fun & Fitness 2:00 Thankful Tree	10
11	12 Happy Thanksgiving Program Closed Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	13 Scarecrow Fun 9:00 In the news 10:00 How a Scarecrow Works 10:30 Make a Scarecrow 1:00 Sing & Stretch 2:00 Scarecrow Puzzle	14 Oatmeal Day 9:00 What's new 10:00 What is Oatmeal? 10:30 Baking Oatmeal Cookies 1:00 Exercise Time 2:00 Wheel of Fortune	15 9:00 Current Events 10:00 Tell Me 10:30 Dice Roll 1:00 Fitness Hour 2:00 Circle of Strength	16 9:00 In the News 10:00 Give an Answer 10:30 Dice Roll 1:00 Music & Motion 2:00 Can You Picture This?	17
18	19 9:00 In the News 10:00 Tell Me 10:30 Music Morning 1:00 Sing & Stretch 2:00 Can You Picture This?	20 Colour Day 9:00 What's New 10:00 What's Your Colour 10:30 Fun with Colour 1:00 Exercise Time 2:00 Colour Alphabet Brainstorm	21 9:00 News Time 10:00 Trivia Time 10:30 Bells 1:00 Let's Move It 2:00 Mindfulness & Meditation	22 9:00 Coffee Club 10:00 Take a Guess 10:30 Group Crossword 1:00 Chair Exercises 2:00 Can You Picture This?	23 9:00 Coffee Club 10:00 Brain Exercise 10:30 A Picture is Worth a Thousand Words 1:00 Exercise Time 2:00 Sing-A-Long	24
25	26 Pumpkin Day 9:00 What's New 10:00 Pumpkin trivia 10:30 Pumpkin Decorating 1:00 Pumpkin Patch Exercises 2:00 Pumpkin Judging	27 9:00 Current Events 10:00 random Trivia 10;30 Morning Games 1:00 Fun & Fitness 2:00 Gratitude Journaling	28 9:00 In the News 10:00 Brain Exercises 10;30 Target Toss 1:00 Music & Motion 2:00 Outburst	29 Cat Day 9:00 News Time 10:00 Cat Trivia 10:30 Cat Photo Contest 1:00 Fitness Hour 2:00 Animal Match	30 Hallowe'en Party!! 9:00 Current Events 10:00 Hallowe'en Traditions 10:30 Pick a Costume 1:00 Monster Mash Exercises 2:00 Making a Treat Bag	31 Halloween

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