

October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
RED: Music BLUE: Active PURPLE: Meetings GREEN: Crafts Black: General	<i>N= Complex care North</i> <i>S= Complex care South</i> <i>AL= Assisted living</i>	<i>Activities subject to change without notice</i>				
Michelle away Oct 22-November 2nd Returning November 3rd				1 10:30 Hand chimes with Michelle (S) 11:00 Zumba (AL) 1:30 Music with Patrick (AL)	2 10:45 Curling 12:30-1:00 Exercises with Shannon 1:00 Games with Val and Denise (AL)	3 10:45 Bean Bag Toss (S) 1:30 Craft afternoon with Hayley and Janina
4 10:30 Trivia with Michelle (AL) 1:30 Music with Gals I Like (AL)	5 10:45 Drums with Michelle (S) 1:30 Uno (AL)	6 10:45 Music with Michelle (N) 11:00 Zumba (AL) 1:30 Music with Shelley Vaags (AL)	7 10:30 Trivia with Michelle (AL) Resident Council meeting 2pm AL Everyone Welcome	8 10:30 Hand chimes with Michelle (S) 11:00 Zumba (AL) 1:30 Quiddler (N)	9 10:45 Curling (S) 1:00 Games with Val and Denise	10 Hayley off Michelle here
11 10:30 Trivia with Michelle (AL) 1:30 Residents choice	12 Thanksgiving 10:45 Drums with Michelle (S) 1:30 Residents choice	13 10:45 Music with Michelle (N) 11:00 Zumba (AL) Special voting from 12:30-2:30 in Assisted living lounge	14 10:30 Trivia with Michelle (AL) 1:30 Music with Michael Majocha (AL)	15 10:30 Hand chimes with Michelle (S) 11:00 Zumba (AL) 1:30 Music with Ed and Pearl	16 10:45 Bean Bag Toss (S) 1:00 Games with Val and Denise	17 Hayley off Michelle here
18 10:30 Trivia with Michelle (AL) 1:30 Residents choice	19 10:45 Drums with Michelle (S) 1:30 Uno (AL)	20 10:45 Music with Michelle (N) 11:00 Zumba (AL) 1:30 Music with Joan Songhurst (AL)	21 10:30 Trivia with Michelle (AL) 1:30 Music with the K-Tones (AL)	22 10:30 11:00 Zumba (AL) 1:30 Music with Victor Wells (AL)	23 10:45 Curling (S) 1:30 One-ones 1:00 Games with Val and Denise	24 10:45 Bean Bag Toss (S) 1:30 Craft afternoon with Hayley and Janina
25 10:30 News and views 1:30 Residents choice	26 10:45 Residents choice 1:30 Bingo with Leanna (AL)	27 10:45 Manicures 11:00 Zumba (AL) 1:30 Music with Matt Price (AL)	28 10:30 Metal aerobics 1:30 Halloween Music Bingo	29 10:30 Yahtzee 11:00 Zumba (AL) 1:30 Music with The Encores (AL) + Birthday	30 10:45 1:30 One-ones 1:00 Games with Val and Denise	31 Halloween 10:45 Bean Bag Toss (S) 1:30 Craft afternoon with Hayley and Janina