

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>Location of Activity RR= Retirement Residence SS= Senior Suites</p> <p>B= Bistro T= Theatre C= Chapel L= Lobby</p> <p>Lib= Library AR= Activity Room A = Auditorium DR= Dining Room P = Patio</p> <p>Type of Activity Blue—Fitness Green—New Red— Movies in the SS-Theatre Pink— Special Orange—Game</p>	
<p>31</p> <p>HAPPY HALLOWEEN</p> <p>10:00 Virtual United Church Service (SS-T) 10:15 Chair Dance (RR-B) 10:30 Cookie Decorating (SS-B) 11:00 Halloween Treats (RR-B/SS-/B) 2:45 <i>When Calls the Heart</i> (SS-T) 3:00 Cookie Decorating (RR-B) 7:15 Movie Night: Hubie Halloween (SS-T)</p>					<p>10 AM Blood Pressure Clinic</p> <p>10:00 Moderate Intensity Exercise (SS-A) 10:15 Chair Dance (RR-B) 10:15 Tuck Shop (RR-LL) 10:45 Men's Group (SS-B) 11:00 TED Talk (SS-T) 2:00 Chair Exercise (RR-322) 2:00 Chair Exercise (SS-B) 2:45 Chair Exercise (RR-525) 3:00 Social Hour (SS-B) 3:30 Afternoon TV Series: Down to Earth, S1, E1 (RR-B) 7:15 Cards and Games (SS-B) 7:15 Movie Night (SS-T): <i>The Shack</i></p>	<p>1</p> <p>10:15 Virtual Catholic TV Mass (SS-T) 11:00 Chair Dance (RR-B) 2:00 BINGO (SS-A) 3:15 Afternoon TV Series: Down to Earth, S1, E2 (SS-T) 7:15 Movie Night (SS-T): <i>King's Speech</i></p>
<p>10:00 Virtual United Church Service (SS-T) 3 10:30 Group Scrabble (SS-B/RR-B) 2:00 Chair Exercise (RR-525) 2:30 Knitting Club (SS-L) 2:45 <i>When Calls the Heart</i> (SS-T) 3:00 The Crown (RR-Bistro) 7:15 Movie Night (SS-T): <i>Crooked House</i></p>	<p>4</p> <p>10:00 Moderate Intensity Exercise (SS-A) 10:15 Chair Dance (RR-B) 10:15 Tuck Shop (RR-LL) 10:45 Colour by Numbers (SS-A) 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-322) 2:45 Sing-a-long with Debbie (SS-T) 3:00 Baking Group (RR-AR) 3:00 Bridge (RR-B) 3:30 Virtual NAC Concert (SS-T) 7:15 Resident Run BINGO (SS-A) 7:15 Movie Night: <i>The Starling</i></p>	<p>5</p> <p>10:00 Chair Dance (SS-T) 10:15 Fitminds (RR-AR) 10:15 Tuck Shop (RR-LL) 10:45 Virtual Armchair Travel (SS-T): <i>Austria</i> 11:00 Group Crossword (SS-A) 2:00 Chair Exercise (RR-323) 2:00 Chair Exercise (SS-A) 2:30 Chair Exercise (SS-A) 3:00 Tea and Chatter (RR-B) 7:15 Movie Night: <i>Mama Mia</i></p>	<p>6</p> <p>10:00 Moderate Intensity Exercise (SS-A) 10:45 Yoga with Georgia (SS-A) 10:15 Chair Dance (RR-B) 2:00 Outing: Walmart Baseline 2:00 Chair Exercise (SS--P) 2:00 Ball Exercise (RR-322) 2:30 Chair Exercise (SS-P) 2:00 Ball Exercise (RR-525) 3:00 Baking Apple Pie (RR-AR) 7:15 Movie Night: <i>Forever My Girl</i></p>	<p>9:45 Walking Group with Linda (RR/SS) 7 10:00 Chair Dance (SS-T) 10:00 Chair Tai Chi (RR-4th/Flr) 10:30 Chair Drums (RR-B) 10:45 Fit Minds (SS-A) 1:00 Walks/1:1s (RR) 2:00 Book Club (SS-RR) 2:00 BINGO (RR-AR) 2:00 Chair Exercise (SS-P) 3:00 Pumpkin Painting (SS-A) 3:00 Social Hour (RR-B) 7:15 Movie Night: <i>Yesterday</i></p>	<p>10 AM Blood Pressure Clinic 8</p> <p>10:00 Moderate Intensity Exercise (SS-A) 10:15 Chair Dance (RR-B) 10:15 Tuck Shop (RR-LL) 10:45 Men's Group (SS-B) 11:00 TED Talk (SS-T) 3:00 Special Thanksgiving Patio Cocktail Party (SS-P) 7:15 Cards and Games (SS-B) 7:15 Movie Night (SS-T): <i>Groundhog Day</i></p>	<p>9</p> <p>10:15 Virtual Catholic TV Mass (SS-T) 11:00 Chair Dance (RR-B) 2:00 BINGO (SS-A) 3:15 Afternoon TV Series: Down to Earth, S1, E2 (SS-T) 7:15 Movie Night (SS-T): <i>Rudy</i></p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>10:00 Virtual United Church Service (SS-T) 10</div> <div>10:30 Songs and Stories for the Soul (RR-Chapel)</div> <div>1:30 Afternoon Social with Magnus (SS-B)</div> <div>2:00 Chair Exercise (RR-525)</div> <div>2:30 Knitting Club (SS-L)</div> <div>2:45 <i>When Calls the Heart</i> (SS-T)</div> <div>Thanksgiving Concert with Debbie at Dinner (Regular Seating Times)</div> <div>7:15 Movie Night: <i>Chocolat</i></div>	<div>Happy Thanksgiving! 11</div> <div>10:00AM Giving Thanks: Craft with Debbie (RR-B)</div> <div>10:30AM Virtual Church Service (SS-T)</div> <div><i>Special Thanksgiving Lunch (Regular Seating Times)</i></div> <div>2:00 Chair Exercise (RR-323)</div> <div>3:00 Bridge (RR-B)</div> <div>2:00 Hymn Sing with Fidele (SS-T)</div> <div>3:00 Giving Thanks: Discussion with Debbie (SS-B)</div> <div>7:00 BINGO with Dora (SS-A)</div> <div>7:15 Movie Night: <i>Holidate</i></div>	<div>12</div> <div>10:00 Chair Dance (SS-T)</div> <div>10:15 Fitminds (RR-AR)</div> <div>10:15 Tuck Shop (RR-LL)</div> <div>10:45 Virtual Armchair Travel (SS-T): <i>Berlin</i></div> <div>11:00 Outing: Rideau Carleton Casino</div> <div>2:00 Chair Exercise (RR-323)</div> <div>2:00 Chair Exercise (SS-A)</div> <div>2:30 Chair Exercise (SS-A)</div> <div>3:00 Outing: Giant Tiger</div> <div>3:00 Tea and Chatter (RR-B)</div> <div>7:00 Painting with Navy (SS-A)</div>	<div>13</div> <div>10:00 Moderate Intensity Exercise (SS-A)</div> <div>10:45 Yoga with Georgia (SS-A)</div> <div>10:15 Chair Dance (RR-B)</div> <div>2:00 Outing: Miller's Farm and Market (Pumpkin Patch)</div> <div>2:30 Chair Exercise (SS-P)</div> <div>3:00 Social Hour (SS-B)</div> <div>7:15 Movie Night: <i>Just Like Heaven</i></div>	<div>14</div> <div>9:45 Walking Group with Linda (RR/SS)</div> <div>10:00 Chair Tai Chi (SS-A)</div> <div>10:30 Chair Drums (RR-B)</div> <div>10:45 Fit Minds (SS-P)</div> <div>1:00 Walks/1:1s (RR)</div> <div>2:00 BINGO (RR-AR)</div> <div>2:00 Chair Exercise (SS-P)</div> <div>3:00 Pumpkin Painting (RR-A)</div> <div>7:15 Movie Night: <i>Yes Day</i></div>	<div>15</div> <div>10:00 Moderate Intensity Exercise (SS-A)</div> <div>10:15 Chair Dance (RR-B)</div> <div>10:15 Tuck Shop (RR-LL)</div> <div>10:45 Men's Group (SS-B)</div> <div>11:00 TED Talk (SS-T)</div> <div>2:00 Concert with Larry Wright (RR-DR)</div> <div>3:30 Afternoon TV Series: Down to Earth, S1, E3 (RR-B)</div> <div>7:15 Cards and Games (SS-B)</div> <div>7:15 Movie Night (SS-T): <i>Larry Crown</i></div>	<div>16</div> <div>10:15 Virtual Catholic TV Mass (SS-T)</div> <div>11:00 Walking Club (RR and SS)</div> <div>2:00 BINGO (SS-A)</div> <div>3:15 Afternoon TV Series: Down to Earth, S1, E3 (SS-T)</div> <div>7:15 Movie Night (SS-T): <i>Hitch</i></div>
<div>17</div> <div>10:00 Virtual United Church Service (SS-T)</div> <div>10:30 Group Scrabble (SS-B/RR-B)</div> <div>2:00 Chair Exercise (RR-525)</div> <div>2:30 Knitting Club (SS-L)</div> <div>2:45 <i>When Calls the Heart</i> (SS-T)</div> <div>3:00 The Crown (RR-Bistro)</div> <div>7:15 Movie Night: <i>Second Act</i></div>	<div>18</div> <div>8 AM Chef Showcase (SS-DR)</div> <div>10:00 Moderate Intensity Exercise (SS-A)</div> <div>10:15 Chair Dance (RR-B)</div> <div>10:15 Tuck Shop (RR-LL)</div> <div>10:30 Women's Group (SS-A)</div> <div>1:30 Resident's Council Meeting (SS-A)</div> <div>2:00 Chair Exercise (RR-322)</div> <div>2:30 Chair Exercise (SS-A)</div> <div>2:45 Chair Exercise (RR-525)</div> <div>3:00 Bridge (RR-B)</div> <div>3:30 Virtual NAC Concert (SS-T)</div> <div>7:15 Resident Run BINGO (SS-A)</div> <div>7:15 Movie Night: <i>Funny Girl</i></div>	<div>19</div> <div>10:00 Outing: Walmart Baseline</div> <div>10:00 Chair Dance (SS-T)</div> <div>10:15 Fitminds (RR-AR)</div> <div>10:15 Tuck Shop (RR-LL)</div> <div>10:45 Virtual Armchair Travel (SS-T): <i>Italy</i></div> <div>2:00 Concert with Roxy Swan (SS-DR)</div> <div>7:15 Movie Night: <i>The Bucket List</i></div>	<div>20</div> <div>10:-:00 Moderate Intensity Exercise (SS-A)</div> <div>10:45 Yoga with Georgia (SS-A)</div> <div>10:15 Chair Dance (RR-B)</div> <div>2:00 PM Outing: Merivale Bowling Centre</div> <div>2:00 Ball Exercise (RR-322)</div> <div>2:00 Chair Exercise (SS--P)</div> <div>2:00 Ball Exercise (RR-525)</div> <div>3:00 Walks and 1:1s (RR)</div> <div>3:00 Social Hour (SS-B)</div> <div>7:15 Movie Night: <i>How Do You Know</i></div>	<div>21</div> <div>9:45 Walking Group with Linda (RR/SS)</div> <div>10:00 Chair Dance (SS-T)</div> <div>10:00 Chair Tai Chi (RR-4th/Flr)</div> <div>10:30 Chair Drums (RR-B)</div> <div>11:00 Movie Committee Meeting (SS-A)</div> <div>10:45 Fit Minds (SS-A)</div> <div>1:00 Walks/1:1s (RR)</div> <div>2:00 BINGO (RR-AR)</div> <div>2:00 Chair Exercise (SS-P)</div> <div>2:00 Painting with Ellen (SS-A)</div> <div>3:00 Social Hour (RR-B)</div> <div>7:15 Movie Night: <i>1981</i></div>	<div>22</div> <div>11:30 Chef Showcase (RR-DR)</div> <div>10:00 Blood Pressure Clinic</div> <div>10:00 Moderate Intensity Exercise (SS-A)</div> <div>10:15 Chair Dance (RR-B)</div> <div>10:15 Tuck Shop (RR-LL)</div> <div>10:45 Men's Group (SS-B)</div> <div>11:00 TED Talk (SS-T)</div> <div>2:00 Chair Exercise (RR-322)</div> <div>2:00 Chair Exercise (SS-B)</div> <div>2:45 Chair Exercise (RR-525)</div> <div>3:00 Patio Party (SS-B)</div> <div>3:30 Afternoon TV Series: Down to Earth, S1, E4 (RR-B)</div> <div>7:15 Cards and Games (SS-B)</div> <div>7:15 Movie Night: <i>Love,</i></div>	<div>23</div> <div>10:15 Virtual Catholic TV Mass (SS-T)</div> <div>11:00 Walking Club (RR and SS)</div> <div>2:00 BINGO (SS-A)</div> <div>3:15 Afternoon TV Series: Down to Earth, S1, E4 (SS-T)</div> <div>7:15 Movie Night (SS-T): <i>Facing the Giants</i></div>
<div>24</div> <div>10:00 Virtual United Church Service (SS-T)</div> <div>10:30 Songs and Stories for the Soul (RR-Chapel)</div> <div>2:00 BINGO with Magnus (RR-B)</div> <div>2:30 Knitting Club (SS-L)</div> <div>2:45 <i>When Calls the Heart</i> (SS-T)</div> <div>3:00 The Crown (RR-Bistro)</div> <div>7:15 Movie Night (SS-T): <i>The Mirror Has Two Faces</i></div>	<div>25</div> <div>10:00 Moderate Intensity Exercise (SS-A)</div> <div>10:15 Chair Dance (RR-B)</div> <div>10:15 Tuck Shop (RR-LL)</div> <div>10:30 Hymn Sing with Fidele (SS-T)</div> <div>10:45 Fit Mind-Puzzles (SS-A)</div> <div>2:00 Concert with Dai Bassett (RR-DR)</div> <div>3:00 Bridge (RR-B)</div> <div>7:15 Resident Run BINGO (SS-A)</div> <div>7:15 Movie Night: <i>The Bounty Hunter</i></div>	<div>26</div> <div>10:00 Chair Dance (SS-T)</div> <div>10:15 Fitminds (RR-AR)</div> <div>10:15 Tuck Shop (RR-LL)</div> <div>10:45 Virtual Armchair Travel (SS-T): <i>Iceland</i></div> <div>11:15 Outing: Lunch at Red Lobster</div> <div>2:00 Chair Exercise (RR-323)</div> <div>2:00 Chair Exercise (SS-A)</div> <div>2:30 Chair Exercise (SS-A)</div> <div>2:00 Outing: Scenic Drive</div> <div>3:00 Tea and Chatter (RR-B)</div> <div>7:00 Painting with Navy (SS-A)</div>	<div>27</div> <div>10:00 Moderate Intensity Exercise (SS-A)</div> <div>10:45 Yoga with Georgia (SS-A)</div> <div>10:15 Chair Dance (RR-B)</div> <div>2:-00 PM Outing: <i>Color Me Mine Pottery and Craft</i></div> <div>2:30 Chair Exercise (SS-P)</div> <div>2:00 Ball Exercise (RR-322)</div> <div>2:45 Ball Exercise (RR-525)</div> <div>3:00 Walks and 1:1s (RR)</div> <div>3:00 Social Hour (SS-B)</div> <div>7:15 Movie Night: <i>Feel the Beat</i></div>	<div>28</div> <div>Special Birthday Dinner</div> <div>9:45 Walking Group with Linda (RR/SS)</div> <div>10:00 Chair Dance (SS-T)</div> <div>10:30 Chair Drums (RR-B)</div> <div>10:45 Fit Minds (SS-P)</div> <div>1:00 Walks/1:1s (RR)</div> <div>2:00 BINGO (RR-AR)</div> <div>Birthday Dinner and Celebration in RR and SS (Regular Seating Times)</div> <div>7:15 Movie Night: <i>Maid in Manhattan</i></div>	<div>29</div> <div>10 AM Blood Pressure Clinic</div> <div>10:00 Moderate Intensity Exercise (SS-A)</div> <div>10:15 Chair Dance (RR-B)</div> <div>10:15 Tuck Shop (RR-LL)</div> <div>10:45 Men's Group (SS-B)</div> <div>11:00 TED Talk (SS-T)</div> <div>2:00 & 3:00 Halloween Costume Party and Social (RR-L/SS-L)</div> <div>7:15 Cards and Games (SS-B)</div> <div>7:15 Movie Night (SS-T): <i>50 First Dates</i></div>	<div>30</div> <div>10:15 Virtual Catholic TV Mass (SS-T)</div> <div>11:00 Walking Club (RR and SS)</div> <div>2:00 BINGO (SS-A)</div> <div>3:15 Afternoon TV Series: Down to Earth, S1, E5 (SS-T)</div> <div>7:15 Movie Night (SS-T): <i>Rose Island</i></div>