

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<u>Location of Activity</u> RR= Retirement Residence SS= Senior Suites B= Bistro Lib= Library T= Theatre AR= Activity Room C= Chapel FC= Fitness Centre L= Lobby GR= Games Room LL= Lower Level DR= Dining Room <u>Type of Activity</u> Blue—Fitness Green-Spiritual Brown— Outing Red— New Program/Events		1 10:00 Shopping: Wal-Mart 10:00 Moderate Intensity Exercise (SS-AR) 10:30 Chair Yoga (RR-AR) 1:30 Fall leaf drive 2:00 Bingo (SS-AR) 3:30 Hymn Sing (T) 3:30 Mix & Mingle (SS-B)	2 Facetime Calls 10:15 Explained: Ep.1 and 2 (T) 10:30 Walking Club (meet in RR lobby) 2:15 Movie: The Good Liar (T) 3:30 Mix & Mingle (RR-B) 7:15 Movie: The Good Liar (T)
3 Facetime Calls 10:30 Walking Club (meet in RR lobby) 11:00 St. Monica's Catholic Live Stream Mass (T) 2:30 Interdenominational Church Service w/Pastor Pauline Williams (C) ^{IN PERSON} 7:15 Movie: One Day (T)	4 8:30-9:30 Tailor :Tam (SS-L) 10:00 Virtual Exercise with Maureen (C/T) 10:00 Seated Ball Exercise (SS-AR) 10:35 Seated Ball Exercise (RR-AR) 2:00 Bingo (SS-AR) 2:30 Walker Repair (RR-L) 2:30 Giant Crossword(RR-AR) 2:45 Aquafit (P) 3:15 Walker Repair (SS-L) 3:30 Mix & Mingle (SS-B)	5 10:00 Moderate Intensity Exercise (SS-AR) 10:00 Shopping: Carlingwood Mall 10:35 Resistance Band Exercise (SS-AR) 10:35 Tech Tuesday (SS-B) 12:45 Lunch at Mandarin Restaurant 2:15 Expoza Travel: Italy (T) 2:30 Rummy-O (RR-AR) 3:30 Mix & Mingle (RR-B)	6 10:00 Virtual Exercise with Maureen (C/T) 10:00 Zumba (SS-AR) 2:00 Bingo (SS-AR) 2:30 Ladder Ball (RR-L) 2:45 Aquafit (P) 3:30 Mix & Mingle (SS-B)	7 10:00 Seated Ball Exercise (SS-AR) 10:35 Seated Ball Exercise (RR-AR) 2:00 Craft Club (SS-AR) 2:30 Orchestra Concert (T) 3:30 Mix & Mingle (RR-B)	8 10:00 Moderate Intensity Exercise (SS-AR) 10:30 Chair Yoga (RR-AR) 2:00 Bingo (SS-AR) 3:30 Hymn Sing (T) 3:30 Mix & Mingle (SS-B)	9 Facetime Calls 10:15 Explained: Ep.3 and 4 (T) 10:30 Walking Club (meet in RR lobby) 2:15 Movie: Unknown (T) 3:30 Mix & Mingle (RR-B) 7:15 Movie: Unknown (T)
10 Facetime Calls 10:30 Walking Club (meet in RR lobby) 11:00 St. Monica's Catholic Live Stream Mass (T) 7:15 Movie: Forever my Girl (T)	11 Thanksgiving No Exercise with Maureen 10:00 Seated Ball Exercise (SS-AR) 10:35 Seated Ball Exercise (RR-AR) 2:00 Bingo (SS-AR) No Aquafit today 2:30 Scrabble (RR-AR) 3:30 Mix & Mingle (SS-B)	12 10:00 Moderate Intensity Exercise (SS-AR) 10:35 Resistance Band Exercise (SS-AR) 10:35 Tech Tuesday (SS-B) 2:15 Expoza Travel: Mauritius(T) 2:30 Fall Hang Man (RR-AR) 3:30 Mix & Mingle (RR-B)	13 Casino Night 10:00 Virtual Exercise with Maureen (C/T) 10:00 Zumba (SS-AR) 2:00 Bingo (SS-AR) 2:45 Aquafit (P) 3:30 Mix & Mingle (SS-L) 7:15 Casino Night (SS-L)	14 10:00 Shopping: Loblaws 2:00 Craft Club (SS-AR) 2:00 Memory Care Drive 2:30 Orchestra Concert (T) 3:30 Mix & Mingle (RR-B)	15 10:00 Shopping: Billings Bridge Mall 10:00 Moderate Intensity Exercise (SS-AR) 10:30 Chair Yoga (RR-AR) 1:30 Fall Leaf Drive 2:00 Bingo (SS-AR) 3:30 Hymn Sing (T) 3:30 Mix & Mingle (SS-B)	16 Facetime Calls 10:15 Explained: Ep.5 and 6 (T) 10:30 Walking Club (meet in RR lobby) 2:15 Movie: Where'd you go Bernadette (T) 3:30 Mix & Mingle (RR-B) 7:15 Movie: Where'd you go Bernadette (T)

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17 Facetime Calls 10:30 Walking Club (meet in RR lobby) 11:00 St. Monica's Catholic Live Stream Mass (T) 7:15 Movie: Just like Heaven (T)	18 10:00 Virtual Exercise with Maureen (C/T) 10:00 Seated Ball Exercise (SS-AR) 10:35 Seated Ball Exercise (RR-AR) 2:00 Bingo (SS-AR) 2:30 Scattegories (RR-AR) 2:45 Aquafit (P)	19 10:00 Moderate Intensity Exercise (SS-AR) 10:35 Resistance Band Exercise (SS-AR) 10:35 Tech Tuesday (SS-B) 2:15 Expoza Travel: Holland (T) 2:30 Paint with us (RR-AR) 3:30 Mix & Mingle (RR-B)	20 10:00 Virtual Exercise with Maureen (C/T) 10:00 Zumba (SS-AR) 2:00 Bingo (SS-AR) 2:30 Walker Repair (RR-L) 2:30 Ladder Ball (RR-AR) 2:45 Aquafit (P) 3:15 Walker Repair (SS-L) 3:30 Mix & Mingle (SS-B)	21 10:00 Seated Ball Exercise (SS-AR) 10:35 Seated Ball Exercise (RR-AR) 10:00 Shopping: Canadian Tire 1:30 Miller's Farm and Market 2:00 Craft Club (SS-AR) 2:30 Book Club Meeting (RR-Lib) 2:30 Orchestra Concert (T) 3:30 Mix & Mingle (RR-B)	22 10:00 Shopping: Wal-Mart 10:00 Moderate Intensity Exercise (SS-AR) 10:30 Chair Yoga (RR-AR) 1:30 Giant Tiger 2:00 Bingo (SS-AR) 2:00 Current Events with Professor Cammy (T) 3:30 Hymn Sing (T) 3:30 Mix & Mingle (SS-B)	23 Facetime Calls 10:15 Explained: Ep.7 and 8 (T) 10:30 Walking Club (meet in RR lobby) 2:15 Movie: Chocolat(T) 3:30 Mix & Mingle (RR-B) 7:15 Movie: Chocolat(T)
24 Facetime Calls 10:30 Autumn Craft (RR-AR) 11:00 St. Monica's Catholic Live Stream Mass (T) 7:15 Movie: Overcomer(T)	25 10:00 Virtual Exercise with Maureen (C/T) 10:00 Seated Ball Exercise (SS-AR) 10:35 Seated Ball Exercise (RR-AR) 2:00 Bingo (SS-AR) 2:30 Rummy O (RR-AR) 2:45 Aquafit (P) 3:30 Mix & Mingle (SS-B)	26 10:00 Moderate Intensity Exercise (SS-AR) 10:35 Resistance Band Exercise (SS-AR) 10:35 Tech Tuesday (SS-B) 2:15 Expoza Travel: Brazil(T) 3:30 Mix & Mingle (RR-B)	27 10:00 Virtual Exercise with Maureen (C/T) 10:00 Zumba (SS-AR) 2:00 Bingo (SS-AR) 2:30 Pumpkin Painting/Decorating (RR-AR) 2:45 Aquafit (P) 3:30 Mix & Mingle (SS-B)	28 10:00 Shopping: Shoppers Drug Mart 2:00 Craft Club (SS-AR) 2:00 Memory Care Drive 2:30 Orchestra Concert (T) 5:00 Birthday/Anniversary Dinner (RR and SS DR) (1 sitting)	29 10:00 Shopping: Billings Bridge Mall 10:00 Moderate Intensity Exercise (SS-AR) 10:30 Chair Yoga (RR-AR) 11:00 Halloween Costume Parade (SS-L) 11:30 Halloween Costume Parade (RR-L) 1:30 Rideau Carleton Casino 2:00 Bingo (SS-AR) 3:30 Hymn Sing (T) 3:30 Mix & Mingle (SS-B)	30 Facetime Calls 10:15 Explained: Ep.9 and 10 (T) 10:30 Walking Club (meet in RR lobby) 2:15 Movie: The Notebook (T) 3:30 Mix & Mingle (RR-B) 7:15 Movie: The Notebook (T)
31 Facetime Calls 10:30 Walking Club (meet in RR lobby) 11:00 St. Monica's Catholic Live Stream Mass (T) 7:15 Movie: Bettlejuice (T)	 					