


RAVINES

OCTOBER 2024 ACTIVITIES CALENDAR

Type of Activity: Blue - Fitness | Green - New | Red - Movie/ TV/ Virtual | Pink - Special | Orange - Game | Purple - Concert | Holidays

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
Location Code						
RRB RR Bistro RRD RR Dining Room RRG RR Game Room RLI RR Library RRL RR Lobby RRT RR Theatre	RBY Backyard RRA RR Activities Room RRC RR Chapel SSB SS Bistro SSD SS Dining Room SLI SS Library	8:00 RR Community Breakfast (RRD) 10:00 Moderate Intensity Exercise (SSA) 10:35 Gentle Chair Exercise (RRA) 2:00 Craft Club (SSA) 2:00 Resident Run Euchre (SSB) 2:30 TV Shows: Fan Favorite Golden Girls Scenes (RRT) 2:30 Staff Appreciation "WoW Party" (RRA) 3:15 Social Hour (RRB)	9:30 Shopping: Billings Bridge Mall 10:00 Zumba (SSA) 10:35 Seated Ball Exercise (RRA) 1:15 Outing: Champlain Lookout (Gatineau Park) 2:00 BINGO (SSA) 2:00 Resident Run Bridge (SLL) 2:30 Aquafit (SSP) 3:15 Social Hour (SSB)	9:15 Tuck Shop (SSL) 10:00 Tuck Shop (RRL) 10:00 Better Balance Exercise (SSA) 10:35 Gentle Chair Exercise (RRA) 2:00 Resident Run Euchre (SSB) 2:30 Giant Crossword Puzzle (RRT) 3:15 Social Hour (RRB)	10:00 Chair Tai Chi (SSA) 10:35 Seated Ball Exercise (RRA) 2:00 BINGO (SSA) 2:00 Resident Run Bridge (SLL) 2:30 Aquafit (SSP) 2:30 Music Hall: Cliff Richard - 60 th Anniversary Concert (RRT) 3:15 Social Hour (SSB)	10:00 Photo Restoration: Life in Colour (SSL) 10:15 Weekend Exercise (SSA) 2:15 Movie: The Long Game (RRT) 3:15 Social Hour (RRB) 7:15 Movie Replay: The Long Game (RRT)
6	7	8	9	10	11	12
10:00 Photo Restoration: Life in Colour (RRL) 10:15 Weekend Exercise (RRA) 11:00 St. Mary's Catholic Live Stream Mass (RRT) 2:00 Resident Run Bridge (SSB) 2:15 Movie: Jane Eyre (RRT) 7:15 Movie Replay: Jane Eyre (RRT)	10:00 Chair Cardio Exercise (SSA) 10:35 Seated Ball Exercise (RRA) 2:00 Scenic Drive 2:00 BINGO (SSA) 2:30 Aquafit (SSP) 2:30 Handi House - Walker Repair Clinic (RRL) 3:15 Social Hour (SSB) 3:15 Handi House - Walker Repair Clinic (SSL) 3:30 Virtual Hymn Sing (RRT)	10:00 Moderate Intensity Exercise (SSA) 10:35 Gentle Chair Exercise (RRA) 11:00 RR Residents' Meeting with GM (RRT) 2:00 Craft Club (SSA) 2:00 Resident Run Euchre (SSB) 2:00 Getting Help with Technology: Phones & Tablets (RRA) 2:30 Classic Movies: Charade (RRT) 3:15 Social Hour (RRB)	9:30 Shopping: Carlingwood Mall 10:00 Zumba (SSA) 10:35 Seated Ball Exercise (RRA) 11:30 Lunch Outing: Barrhaven's Tastiest Choice Colonnade Pizza 2:00 BINGO (SSA) 2:00 Resident Run Bridge (SLL) 2:30 Aquafit (SSP) 3:15 Social Hour (SSB)	9:15 Tuck Shop (SSL) 10:00 Tuck Shop (RRL) 10:00 Better Balance Exercise (SSA) 10:35 Gentle Chair Exercise (RRA) 2:00 Resident Run Euchre (SSB) 2:30 Hangman - a letter guessing game (RRT) 3:15 Social Hour (RRB)	10:00 Chair Tai Chi (SSA) 10:35 Seated Ball Exercise (RRA) 2:00 BINGO (SSA) 2:00 Resident Run Bridge (SLL) 2:30 Aquafit (SSP) 2:30 Music Hall: Dean Martin Live in London (RRT) 3:15 Social Hour (SSB)	10:15 Weekend Exercise (SSA) 2:15 Movie: The Boy in the Stripped Pajamas (RRT) 3:15 Social Hour (RRB) 7:15 Movie Replay: The Boy in the Stripped Pajamas (RRT)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="right">13</p> <p>10:15 Weekend Exercise (RRA) 11:00 St. Mary's Catholic Live Stream Mass (RRT) 11:45 AM & 1:00 PM Thanksgiving Lunch (RSD) 2:00 Resident Run Bridge (SSB) 2:15 Movie: Mahalia (RRT) 7:15 Movie Replay: Mahalia (RRT)</p>	<p align="right">14</p>  <p>10:00 Chair Cardio Exercise (SSA) 10:35 Seated Ball Exercise (RRA) 2:00 Scenic Drive 2:00 BINGO (SSA) 3:15 Social Hour (SSB) 3:30 Virtual Hymn Sing (RRT)</p>	<p align="right">15</p> <p>10:00 Moderate Intensity Exercise (SSA) 10:35 SS Residents' Council Meeting (RRT) 10:35 Gentle Chair Exercise (RRA) 2:00 Craft Club (SSA) 2:00 Resident Run Euchre (SSB) 2:30 Documentary: Saving Venice from Sinking (RRT) 2:30 Water Colour Painting with Elva (RRA) 3:15 Social Hour (RRB)</p>	<p align="right">16</p> <p>9:30 Shopping: Billings Bridge Mall 10:00 Zumba (SSA) 10:35 Seated Ball Exercise (RRA) 12:30 Rideau Carleton Raceway Casino 2:00 BINGO (SSA) 2:00 Resident Run Bridge (SLL) 2:30 Aquafit (SSP) 3:15 Social Hour (SSB)</p>	<p align="right">17</p> <p>9:15 Tuck Shop (SSL) 10:00 Tuck Shop (RRL) 10:00 Better Balance Exercise (SSA) 10:35 Gentle Chair Exercise (RRA) 2:00 Resident Run Euchre (SSB) 2:30 Kahoot – a game-based learning platform (RRT) 3:15 Social Hour (RRB)</p>	<p align="right">18</p> <p>10:00 Chair Tai Chi (SSA) 10:35 Seated Ball Exercise (RRA) 2:00 BINGO (SSA) 2:00 Resident Run Bridge (SLL) 2:30 Aquafit (SSP) 2:30 Music Hall: Elvis the Final Curtain Concert (RRT) 3:15 Social Hour (SSB)</p>	<p align="right">19</p> <p>10:00 Ravines Annual Craft Bazaar (SSL) 10:15 Weekend Exercise (SSA) 2:15 Movie: Rocketman (RRT) 3:15 Social Hour (RRB) 7:15 Movie Replay: Rocketman (RRT)</p>
<p align="right">20</p> <p>10:15 Weekend Exercise (RRA) 11:00 St. Mary's Catholic Live Stream Mass (RRT) 2:00 Resident Run Bridge (SSB) 2:15 Movie: Chef (RRT) 2:30 Interdenominational Church Service (RRA) 7:15 Movie Replay: Chef (RRT)</p>	<p align="right">21</p> <p>10:00 Chair Cardio Exercise (SSA) 10:35 Seated Ball Exercise (RRA) 2:00 BINGO (SSA) 2:00 Scenic Drive 2:30 Aquafit (SSP) 3:15 Social Hour (SSB) 3:30 Virtual Hymn Sing (RRT)</p>	<p align="right">22</p> <p>9:30 Flu Vaccine Clinic (SSA) 10:00 Vendor: My Closet (RRL) 10:35 Gentle Chair Exercise (RRA) 1:30 Flu Vaccine Clinic (RRA) 2:00 Craft Club (SSA) 2:00 Resident Run Euchre (SSB) 2:30 Classic Movies: September Affair (RRT) 3:15 Social Hour (RRB)</p>	<p align="right">23</p> <p>9:30 Shopping: Carlingwood Mall 10:00 Zumba (SSA) 10:35 Seated Ball Exercise (RRA) 11:00 Outing: Saint Albert Cheese Factory 2:00 BINGO (SSA) 2:00 Professor Cammy (RRC) 2:00 Resident Run Bridge (SLL) 2:30 Aquafit (SSP) 3:15 Social Hour (SSB)</p>	<p align="right">24</p> <p>9:15 Tuck Shop (SSL) 10:00 Tuck Shop (RRL) 10:00 Better Balance Exercise (SSA) 10:35 Gentle Chair Exercise (RRA) 2:00 Resident Run Euchre (SSB) 2:30 Wordle – a game that involves figuring-out a secret 5-letter word (RRT) 5:00 Birthday/Anniversary Dinner (RSD)</p>	<p align="right">25</p> <p>10:00 Chair Tai Chi (SSA) 10:35 Seated Ball Exercise (RRA) 2:00 BINGO (SSA) 2:00 Resident Run Bridge (SLL) 2:30 Book Club Meeting (RRA) 2:30 Aquafit (SSP) 2:30 Music Hall: Sir Tom Jones Solo & Duet Performance on The Voice 3:15 Social Hour (SSB)</p>	<p align="right">26</p> <p>10:15 Weekend Exercise (SSA) 2:15 Movie: Ladies in Black (RRT) 3:15 Social Hour (RRB) 7:15 Movie Replay: Ladies in Black (RRT)</p>
<p align="right">27</p> <p>10:15 Weekend Exercise (RRA) 11:00 St. Mary's Catholic Live Stream Mass (RRT) 2:00 Resident Run Bridge (SSB) 2:15 Movie: Maudie (RRT) 2:30 Interdenominational Church Service (RRA) 7:15 Movie Replay: Maudie (RRT)</p>	<p align="right">28</p> <p>10:00 Chair Cardio Exercise (SSA) 10:35 Seated Ball Exercise (RRA) 2:00 BINGO (SSA) 2:00 Scenic Drive 2:30 Aquafit (SSP) 3:15 Social Hour (SSB) 3:30 Virtual Hymn Sing (RRT)</p>	<p align="right">29</p> <p>10:00 Moderate Intensity Exercise (SSA) 10:35 Gentle Chair Exercise (RRA) 2:00 Craft Club (SSA) 2:00 Resident Run Euchre (SSB) 2:30 Classic Movies: As Young As You Feel - Marilyn Monroe & David Wayne (RRT) 2:30 Arts & Crafts (RRA) 3:15 Social Hour (RRB)</p>	<p align="right">30</p> <p>9:30 Shopping: Billings Bridge Mall 10:00 Zumba (SSA) 10:35 Seated Ball Exercise (RRA) 2:00 BINGO (SSA) 2:00 Resident Run Bridge (SLL) 2:30 Shopping: Walmart (Baseline) 2:30 Aquafit (SSP) 3:15 Social Hour (SSB)</p>	<p align="right">31</p> <p>9:15 Tuck Shop (SSL) 10:00 Tuck Shop (RRL) 10:00 Better Balance Exercise (SSA) 10:35 Gentle Chair Exercise (RRA) 2:00 Resident Run Euchre (SSB) 2:30 Halloween Costume Party & Parade (SSL/RRA)</p>	<p align="center">Location Code</p> <p>SSL SS Lobby SSP SS Pool PKL Front Parking Lot RSD RR & SS Dining Room SSA SS Activities Room SLL SS Lower Level</p>	