

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																										
<h1>PROMENADE</h1> <h2>ACTIVITY CALENDAR</h2> <h1>October 2024</h1>						Type of Activity: Blue - Fitness Green - New Red - Movie/ TV/Virtual Pink - Special Orange - Game Purple - Concert Brown - Bus Trip/Shopping																										
Location Code Retirement Residence (RR) Senior Suites (SS)																																
<table border="1"> <tr><td>B</td><td>Bistro</td></tr> <tr><td>LL</td><td>Lower Lounge</td></tr> <tr><td>GR</td><td>Game Room</td></tr> <tr><td>BR</td><td>Bridge Room</td></tr> <tr><td>AR</td><td>Activity Room</td></tr> <tr><td>T</td><td>Theatre</td></tr> <tr><td>BP</td><td>Back Patio</td></tr> </table>	B	Bistro	LL	Lower Lounge	GR	Game Room	BR	Bridge Room	AR	Activity Room	T	Theatre	BP	Back Patio	<table border="1"> <tr><td>L</td><td>Lobby</td></tr> <tr><td>D</td><td>Dining Room</td></tr> <tr><td>Lib</td><td>Library</td></tr> <tr><td>YR</td><td>SS Yoga Room</td></tr> <tr><td>G</td><td>Gym</td></tr> <tr><td>P</td><td>Pool</td></tr> </table>	L	Lobby	D	Dining Room	Lib	Library	YR	SS Yoga Room	G	Gym	P	Pool	1 10:30 Tuesday Trivia (RR T) 1:15 Euchre Games (SS BR) 3:00 Bean Bags (RR LL) 3:00 Toonie Bingo (SS Lib) 3:30 National Geographic Hour (RR T) National Seniors Day	2 9:30 Colouring Club (RR AR) 10:00 Morning Exercise (RRG) 10:30 Armchair Travel: Prince Edward Island (RR T) 1:15 Bridge Game (SS BR) 2:00 Bingo (RR T) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B)	3 9:30 Resident Run Group Crosswords (RR AR) 10:00-11:30 Shopping at Walmart 10:30 Crochet Club (SS L) 10:30 Word Games (SS B) 11:00-2:00 Vendor: Lili's Variety (SS L) 1:15 Euchre Games (SS BR) 3:00 Toonie Bingo (SS Lib) 3:00 Tv Series: Golden Oldies TV Shows (RR T)	4 10:00 Morning Exercise (RRG) 10:00-11:30 Shopping at Home Depot 10:30 Sing A Long (RR T) 10:30 Chair Yoga (SS YR) 11:30-1:30 Lunch Outing to Golden Fries Food Truck 1:15 Bridge Game (SS BR) 2:00 Celebration of the Word (SS C) 2:00 Live Entertainment with Starry Nights (SS L) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B) 8:00 Friday Night Movie: "12 Years a Slave" (SS T) Breast Cancer Awareness Wearing PINK is encouraged	5 10:30 Crosswords (RR T) 1:15 Euchre Games (SS BR) 1:30 Movie Matinée: "When Harry Met Sally" (SS T) 2:00 Bingo (RR T) 4:00 Cranberry Punch Social (RR B) 7:00 Saturday Night Movie: "When Harry Met Sally" (RR T)
B	Bistro																															
LL	Lower Lounge																															
GR	Game Room																															
BR	Bridge Room																															
AR	Activity Room																															
T	Theatre																															
BP	Back Patio																															
L	Lobby																															
D	Dining Room																															
Lib	Library																															
YR	SS Yoga Room																															
G	Gym																															
P	Pool																															
6 9:30 Colouring Club (RR AR) 11:00 St. Mary's Catholic Live Stream Mass (RR T) 2:30 Movie Matinée: "12 Years a Slave" (RR T) 3:00 Toonie Bingo (SS Lib) 4:00 Cranberry Punch Social (SS B)	7 10:30 Coffee & Current Events (RR B) 10:30 Crochet Club (SS L) 1:15 Bridge Game (SS BR) 2:00 Bingo (RR T) 3:00 Art with Verbena (SS L4) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B)	8 10:00 Morning Exercises (SS YR) 9:30 Colouring Club (RR AR) 10:30 Tuesday Trivia (RR T) 10:30 Blood Pressure Clinic (SS BR) 1:15 Euchre Games (SS BR) 1:30 Chair Tai Chi (SS YR) 1:30 Blood Pressure & Weight Clinic (RR WC) 2:00 Veterans Meeting (RR LL) 3:00 Bean Bags (RR LL) 3:00 Toonie Bingo (SS Lib) 3:30 National Geographic Hour (RR T)	9 10:00 Morning Exercise (RRG) 10:30 History Recall: Music from the 50's (RR T) 1:15 Bridge Game (SS BR) 2:00 Bingo (RR T) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B)	10 10:00-11:30 Shopping at Superstore 10:00 Morning Exercises (SS YR) 10:30 Word Games (SS B) 10:30 Scrabble (RR T) 10:30 Crochet Club (SS L) 1:00-3:00 Outing to Cumberland Library 1:15 Euchre Games (SS BR) 3:00 Toonie Bingo (SS Lib) 3:00 Tv Series: Golden Oldies TV Shows (RR T) 7:00 Senators Season Opener (SS B) Senators Jersey Day Wearing your jersey or SENS colours encouraged	11 9:30 Latin Chair Dancing (SS YR) 10:00-2:00 Shopping & Lunch At Big Rig Kitchen & Brewery in Gloucester Mall 10:15 Latin Chair Dancing (RR LL) 11:00 Sing A Long (RR T) 1:15 Bridge Game (SS BR) 2:00 Celebration of the Word (SS C) 2:00 Art Class: Pumpkin Craft (RR AR) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B) 8:00 Friday Night Movie: "Last Flag Standing" (SS T)	12 10:30 Crosswords (RR T) 1:15 Euchre Games (SS BR) 1:30 Movie Matinée: "Quartet" (SS T) 2:00 Bingo (RR T) 4:00 Cinnamon Tea Social (RR B) 7:00 Saturday Night Movie: "Quartet" (RR T)																										

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">13</p> <p>9:30 Colouring Club (RR AR) 11:00 St. Mary's Catholic Live Stream Mass (RR T) 2:30 Movie Matinée: "Last Flag Standing" (RR T) 3:00 Toonie Bingo (SS Lib) 4:00 Cinnamon Tea Social (SS B)</p>	<p style="text-align: right;">14</p> <p>10:30 Cinnamon Buns & Tea Social (RR B & SS B) 10:30 Crochet Club (SS L) 1:15 Bridge Game (SS BR) 2:00 Bingo (RR T) 3:00 Art with Verbena (SS L4) 3:00 Social Hour (RR B) Wine & Cheese \$4/glass 4:00 Social Hour (SS B)</p> <p style="text-align: center;">Thanksgiving</p>	<p style="text-align: right;">15</p> <p>9:30 Latin Chair Dancing (SS YR) 9:30 Colouring Club (RR AR) 10:30 Tuesday Trivia (RR T) 1:15 Euchre Games (SS BR) 2:15-3:00 Handi House Minor Walker/Wheelchair Repair Clinic (SS YR) 3:00 Toonie Bingo (SS Lib) 3:00 Bean Bags (RR LL) 3:30 National Geographic Hour (RR T) 4:00 Tech Tuesday (SS Lib)</p>	<p style="text-align: right;">16</p> <p>10:00 Morning Exercise (RRG) 10:30 History Recall: October (RR T) 1:15 Bridge Game (SS BR) 11:00-3:00 Vendor: Jewelry Show with Olivia (SS L) 2:00 Bingo (RR T) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B)</p>	<p style="text-align: right;">17</p> <p>9:30 Resident Run Group Crosswords (RR AR) 10:00-11:30 Shopping at Fresh Co 10:00 Morning Exercises (SS YR) 10:30 Crochet Club (SS L) 10:30 Word Games (SS B) 12:30-3:30 Shopping at Signatures Handmade Market 1:15 Euchre Games (SS BR) 3:00 Toonie Bingo (SS Lib) 3:00 TV Series: Golden Oldies TV Shows (RR T)</p>	<p style="text-align: right;">18</p> <p>10:00 Lunch Outing to Parc Omega (\$40/person plus lunch) 10:00 Morning Exercise (RRG) 10:30 Sing A Long (RR T) 10:30 Chair Yoga (SS YR) 1:15 Bridge Game (SS BR) 2:00 Celebration of the Word (SS C) 2:00 Baking Club: Oatmeal Apple Cookies (RR AR) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B) 8:00 Friday Night Movie: "The Pianist" (SS T)</p>	<p style="text-align: right;">19</p> <p>10:30 Crosswords (RR T) 1:15 Euchre Games (SS BR) 1:30 Movie Matinée: "Giant" (SS T) 2:00 Bingo (RR T) 4:00 Warm Apple Cider Social (RR B) 7:00 Saturday Night Movie: "Giant" (RR T)</p>
<p style="text-align: right;">20</p> <p>9:30 Colouring Club (RR AR) 11:00 St. Mary's Catholic Live Stream Mass (RR T) 2:30 Movie Matinée: "The Pianist" (RR T) 3:00 Toonie Bingo (SS Lib) 4:00 Warm Apple Cider Social (SS B)</p>	<p style="text-align: right;">21</p> <p>10:30 Coffee & Current Events (RR B) 10:30 Crochet Club (SS L) 1:15 Bridge Game (SS BR) 2:00 Live Entertainment with Just "Us" (SS L) 3:00 Art with Verbena (SS L4) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B)</p>	<p style="text-align: right;">22</p> <p>9:30 Colouring Club (RR AR) 10:00 Morning Exercises (SS YR) 10:00 Tech Tuesday (RR T) 10:30 Tuesday Trivia (RR T) 1:15 Euchre Games (SS BR) 1:30 Chair Tai Chi (SS YR) 2:00 Lecture with Professor Cammy (RR T) 3:00 Toonie Bingo (SS Lib) 3:00 Bean Bags (RR LL) 3:30 National Geographic Hour (RR T) 7:00 Senators Game Night (SS B)</p>	<p style="text-align: right;">23</p> <p>10:00 Morning Exercise (RRG) 10:30 Armchair Travel: British Columbia (RR T) 1:15 Bridge Game (SS BR) 2:00 Bingo (RR T) 3:00 Art Class: Pumpkin Craft (RR AR) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B) 7:00 Evening Bingo \$5/card (please sign up with Reception)</p>	<p style="text-align: right;">24</p> <p>10:00-11:30 Shopping at Fallingbrook Mall 10:00 Morning Exercises (SS YR) 10:30 Crochet Club (SS L) 10:30 Scrabble (RR T) 10:30 Word Games (SS B) 1:15 Euchre Games (SS BR) 1:30 Pumpkin Craft (SS B) 3:00 Toonie Bingo (SS Lib) 3:00 Tv Series: Golden Oldies TV Shows (RR T)</p>	<p style="text-align: right;">25</p> <p>9:30 Latin Chair Dancing (SS YR) 10:00-2:00 Lunch Outing to The War Museum 10:15 Latin Chair Dancing (RR LL) 11:00 Sing a Long (RR T) 1:15 Bridge Game (SS BR) 2:00 Celebration of the Word (SS C) 2:00 Art Class: Pumpkin Craft (RR AR) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B) 8:00 Friday Night Movie: "Rain Man" (SS T)</p>	<p style="text-align: right;">26</p> <p>10:30 Crosswords (RR T) 1:15 Euchre Games (SS BR) 1:30 Movie Matinée: "West Side Story" (SS T) 2:00 Bingo (RR T) 4:00 Fall Punch Social (RR B) 7:00 Saturday Night Movie: "West Side Story" (RR T)</p>
<p style="text-align: right;">27</p> <p>9:30 Colouring Club (RR AR) 11:00 St. Mary's Catholic Live Stream Mass (RR T) 2:30 Movie Matinée: "Rain Man" (RR T) 3:00 Toonie Bingo (SS Lib) 4:00 Fall Punch Social (SS B)</p>	<p style="text-align: right;">28</p> <p>10:30 Coffee & Current Events (RR B) 10:30 Crochet Club (SS L) 1:15 Bridge Game (SS BR) 2:00 Bingo (RR T) 3:00 Art with Verbena (SS L4) 3:00 Social Hour (RR B) *Themed Mocktails* 4:00 Social Hour (SS B)</p>	<p style="text-align: right;">29</p> <p>9:30 Colouring Club (RR AR) 10:00 Morning Exercises (SS YR) 10:00 Tech Tuesday (RR T) 10:30 Tuesday Trivia (RR T) 1:15 Euchre Games (SS BR) 2:00 Veterans Meeting (SS YR) 3:00 Toonie Bingo (SS Lib) 3:00 Bean Bags (RR LL) 3:30 National Geographic Hour (RR T)</p>	<p style="text-align: right;">30</p> <p>10:00 Morning Exercise (RRG) 10:30 History Recall: Halloween (RR T) 1:15 Bridge Game (SS BR) 2:00 Bingo (RR T) 3:00 Social Hour (RR B) *Halloween Themed Drink \$5* 4:00 Social Hour (SS B) Birthday & Anniversary Dinner (fine dining attire encouraged)</p>	<p style="text-align: right;">31</p> <p>9:30 Resident Run Group Crosswords (RR AR) 10:00 Morning Exercises (SS YR) 10:00-11:30 Shopping at Convent Glen Mall 10:30 Crochet Club (SS L) 10:30 Spooky Hot Chocolate Social (RR & SS B) 2:00 Halloween Costume Parade & Contest (RR & SS L) 1:15 Euchre Games (SS BR) 3:30 Toonie Bingo (SS Lib)</p> <p style="text-align: center;">Halloween</p>		