

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>PROMENADE</h1> <h2>Memory Care/Assisted Living</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
		1 8:30 Scenery Walk (3 rd) 9:30 Colouring Club (RR AR) 11:00 Beach Ball Catch (2 nd) 2:00 Afternoon Stretching (3 rd) 3:00 Bean Bags (RR LL) 4:00 Scenery Walk (2 nd) National Seniors Day	2 8:30 Scenery Walk (2 nd) 9:30 1:1 Visits (2 nd) 10:30 Armchair Travel: Prince Edward Island (RR T) 10:45 Discuss & Recall - Fall Activities (3 rd) 2:00 Fun and Fitness (2 nd) 3:00 Fun and Fitness (3 rd) 3:00 Social Hour (RR B)	3 8:30 Scenery Walk (3 rd) 11:00 Balloon Tennis (3 rd) 11:00-2:00 Vendor: Lili's Variety (SS L) 1:30 Billiards (RR GR)	4 8:30 Scenery Walk (2 nd) 9:30 1:1 Visits (3 rd) 10:30 Sing A Long (RR T) 2:00 Live Entertainment with Starry Nights (SS L) 3:00 Social Hour (RR B) Breast Cancer Awareness Wearing PINK is encouraged	5 9:30 1:1 visits (2 nd & 3 rd) 1:30 Bean Bags (3rd) 3:00 Fit Minds (3 rd) 4:00 Cranberry Punch Social (RR B)
6 9:30 Colouring Club (RR AR) 11:00 1:1 Visits (3 rd) 11:00 St. Mary's Catholic Stream Mass (RR T) 1:30 Bean Bags (2nd) 2:30 Movie Matinee (RR T)	7 8:30 Scenery Walk (2 nd) 9:30 Monday Manicures (3 rd) 10:30 Coffee & Current Events (RR B) 11:00 Beach Ball Catch (3 rd) 1:15 Mindful Colouring (3 rd) 2:00 Monday Manicures (2 nd) 3:00 Social Hour (RR B) 3:15 Afternoon Stretching (3rd)	8 8:30 Scenery Walk (3 rd) 9:30 Colouring Club (RR AR) 10:45 Music Therapy with Jennifer (3 rd) 1:30 Blood Pressure & Weight Clinic (RR WC) 2:00 Veterans Meeting (RR LL) 1:30 Painting Pumpkins (RR AR) 4:00 Scenery Walk (2nd)	9 8:30 Scenery Walk (2 nd) 10:30 History Recall: Music from the 50's (RR T) 10:45 Discuss & Recall - Our Families (3 rd) 2:00 Fun and Fitness (3rd) 3:00 Fun and Fitness (2 nd) 3:00 Social Hour (RR B) 4:00 1:1 Visits (3 rd)	10 8:30 Scenery Walk (3 rd) 9:45 Ball Toss (3 rd) 1:30 Billiards (RR GR) 2:00 Mindful Colouring (2 nd) 3:15 Afternoon Stretching (3rd) 4:00 1:1 Visits (2 nd)	11 8:30 Scenery Walk (2 nd) 10:15 Latin Chair Dancing (RR LL) 11:00 Sing A Long (RR T) 2:00 Chair Zumba (2 nd) 3:00 Social Hour (RR B) 3:00 Ball Toss (3 rd)	12 9:30 1:1 visits (2 nd) 3:30 Bean Bags (3rd) 4:00 Cinnamon Tea Social (RR B)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday												
13	14	15	16	17	18	19												
9:30 Colouring Club (RR AR) 10:30 Sing A Long (3 rd) 11:00 St. Mary's Catholic Live Stream Mass (RR T) 1:30 Bean Bags (2 nd)	8:30 Scenery Walk (2 nd) 10:30 Cinnamon Buns and Tea Social (RR B) 1:15 Mindful Colouring (3 rd) 3:00 Thanksgiving Social Hour with Wine & Cheese (RR B)	8:30 Scenery Walk (3 rd) 9:30 Colouring Club (RR AR) 2:15-3:00 Handi House Minor Walker/Wheelchair Repair Clinic (SS YR) 11:00 Beach Ball Catch (2 nd) 2:00 Afternoon Stretching (3 rd) 3:00 Bean Bags (RR LL) 4:00 Scenery Walk (2 nd)	8:30 Scenery Walk (2 nd) 9:30 1:1 Visits (2 nd) 10:30 History Recall: October (RR T) 10:45 Discuss & Recall - Sports We Enjoy (3 rd) 2:00 Fun and Fitness (2 nd) 3:00 Fun and Fitness (3 rd) 3:00 Social Hour (RR B) 4:00 1:1 Visits (3 rd)	8:30 Scenery Walk (3 rd) 11:00 Balloon Tennis (3rd) 1:30 Billiards (RR GR)	8:30 Scenery Walk (3 rd) 10:30 Sing A Long (RR T) 2:00 Baking Club: Oatmeal Apple Cookies (RR AR) 3:00 Chair Zumba (2 nd) 3:00 Social Hour (RR B)	9:30 1:1 visits (2 nd & 3 rd) 1:30 Bean Bags (3rd) 3:00 Fit Minds (3 rd) 4:00 Warm Apple Cider Social (RR B)												
20	21	22	23	24	25	26												
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27	28	29	30	31	<table border="1"> <thead> <tr> <th colspan="2">Location Code</th> </tr> </thead> <tbody> <tr> <td>L</td> <td>Lobby</td> </tr> <tr> <td>YR</td> <td>SS Yoga Room</td> </tr> <tr> <td>Lib</td> <td>SS Library</td> </tr> <tr> <td>3rd</td> <td>3rd floor lounge</td> </tr> <tr> <td>WC</td> <td>Wellness Center</td> </tr> </tbody> </table>		Location Code		L	Lobby	YR	SS Yoga Room	Lib	SS Library	3 rd	3 rd floor lounge	WC	Wellness Center
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