

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	The Smile Room Clinic: Monday 5th Walmart: Monday the 19th (9:00 AM) Rama Gaming House Casino: Saturday 24th (11:00 AM)			Psalm 71, Even to Old Age and Gray Hairs (TD) 9:15 - 10:15 AM Strong as an Oak (FC) 10:30- 11:15 AM Virtual Adventures (RR) 1:30- 2:30 PM Mini Golf Masters (BR) 3:30 - 4:30 PM	Book Club (BC) Colour & Connect (OB) 9:15 - 10:15 AM Yoga (FC) 10:30- 11:00 AM Fall Bingo (RR) 1:30 - 2:30 PM Garden Friends Club (TH) 2:45 - 3:30 PM Stick by Number (OB) 3:30- 4:30 PM	Dominoes (BR) 9:15 - 10:15 AM TV Exercise (FC) 10:30 - 11:00 AM Bingo (RR) 1:30 - 2:15 PM Board Game Fun (BR) 3:00 - 4:30 PM
TV Exercise (FC) 9:15 - 10:00 AM Rosary Prayer & Holy Communion Service (RR) 10:15 - 11:15 AM Autumn Basketball Bash (FC) 1:15 - 2:00 PM Popcorn & Movie Time (RR) 2:00 - 4:00 PM	Daily Leisure Activities (OB) 9:15 - 10:15 AM Garden Friends Club (TH) 10:30-11:30 AM Seated Zumba (FC) 1:30 - 2:00 PM Bingo "X" (RR) 2:15 - 3:00 PM Stack, Build & Smile (BR) 3:30 - 4:30 PM	Cards & Conversation (BR) 9:15 - 10:00 AM Arriving in aging bodies 10:00- 11:30 AM Book Club (BC) Colour & Connect (OB) 1:30 - 2:15 PM Close - Knit Circle (KN) 2:30 - 3:00 PM Apple Crisp Cookies!! (CK) 3:30 - 4:30 PM	Hit the Cups! (BR) 9:30 - 10:15 AM Stretching our Roots (FC) 10:30- 11:15AM Thanksgiving Craft Corner! (TH) 1:15 - 3:00 PM Oktoberfest Sing, Sip & Smile (BR) 3:00 - 5:00 PM	Oak Tunes: Let's Sing Together (RR) 9:15 - 10:15 AM Strong as an Oak (FC) 10:30- 11:15 AM Virtual Adventures (RR) 1:30- 2:30 PM Mini Golf Masters (BR) 3:00 - 4:30 PM	Book Club (BC) Colour & Connect (OB) 9:15 - 10:15 AM Shibashi (FC) 10:30- 11:15 AM Fall Bingo (RR) 1:30 - 2:30 PM Garden Friends Club (TH) 3:00 - 3:30 PM Stick by Number (BR) 4:00- 4:30 PM	Rummy (BR) 9:15 - 10:15 AM TV Exercise (FC) 10:30 - 11:00 AM Bingo (RR) 1:30 - 2:15 PM Board Game Fun (BR) 3:00 - 4:30 PM
TV Exercise (FC) 9:15 - 10:00 AM Rosary Prayer & Holy Communion Service (RR) 10:15 - 11:15 AM Fall Volley Challenge!! (FC) 1:15 - 2:00 PM Popcorn & Movie Time (RR) 2:00 - 4:00 PM	Hit the Cups! (BR) 9:15 - 10:15 AM Garden Friends Club (TH) 10:30-11:30 AM Seated Zumba (FC) 1:30 - 2:00 PM Bingo "X" (RR) 2:15 - 3:00 PM Social and games day (BR) 3:30 - 4:30 PM Thanksgiving Day (Canada)	Morning Mass (RR) 9:45 - 10:15 AM Rhythm, music, and dance 10:30- 11:30 AM Book Club (BC) Colour & Connect (OB) 1:30 - 2:15 PM Close - Knit Circle (KN) 2:30 - 3:00 PM Fresh Air Plaza Walk 3:30 - 4:30 PM	Social Connection and Healthy Aging (RR) 9:15 - 10:15 AM Stretching our Roots (FC) 10:30- 11:15AM Paint the Spooky Season (TH) 1:15 - 3:00 PM Games, Music & Good Times with Anthony (BR) 3:00 - 5:00 PM	Flip 7 (BR) 9:15 - 10:15 AM Strong as an Oak (FC) 10:30- 11:15 AM Virtual Adventures (RR) 1:15- 2:00 PM Let's Carve Some Pumpkins! (BR) 2:30 - 4:30 PM	Book Club (BC) Colour & Connect (OB) 9:15 - 10:15 AM Tai chi (FC) 10:30- 11:15 AM Fall Bingo (RR) 1:30 - 2:30 PM Garden Friends Club (TH) 3:00 - 3:30 PM Stick by Number (BR) 4:00- 4:30 PM	Dominoes (BR) 9:15 - 10:15 AM TV Exercise (FC) 10:30 - 11:00 AM Bingo (RR) 1:30 - 2:15 PM Board Game Fun (BR) 3:00 - 4:30 PM
TV Exercise (FC) 9:15 - 10:00 AM Rosary Prayer & Holy Communion Service (RR) 10:15 - 11:15 AM Autumn Basketball Bash (FC) 1:15 - 2:00 PM Popcorn & Movie Time (RR) 2:00 - 4:00 PM	Daily Leisure Activities (BR) 9:15 - 10:15 AM Garden Friends Club (TH) 10:30-11:30 AM Seated Zumba (FC) 1:30 - 2:00 PM Bingo "X" (RR) 2:15 - 3:00 PM Stack, Build & Smile (BR) 3:30 - 4:30 PM	Hit the Cups! (BR) 9:30 - 10:20 AM Mighty Oaks Cardio (FC) 10:30- 11:15 AM Book Club (BC) Colour & Connect (OB) 1:30 - 2:15 PM Close - Knit Circle (KN) 2:30 - 3:00 PM Gingerbread Ghost Town!! (CK) 3:30 - 4:30 PM	Understanding Arthritis (RR) 9:15 - 10:15 AM Stretching our Roots (FC) 10:30- 11:15AM Creative expression week 1:30 - 3:00 PM Luxury Bingo Happy Hour (BR) 3:00 - 5:00 PM	Rummy (BR) 9:15 - 10:15 AM Strong as an Oak (FC) 10:30- 11:15 AM Virtual Adventures (RR) 1:30- 2:30 PM Mini Golf Masters (BR) 3:30 - 4:30 PM	Book Club (BC) Colour & Connect (OB) 9:15 - 10:15 AM Yoga (FC) 10:30- 11:00 AM Hit the Cups! (BR) 1:30 - 2:30 PM Fall Bingo (RR) 3:00 - 3:45 PM Stick by Number (BR) 4:00 - 4:30 PM	UNO (BR) 9:15 - 10:15 AM TV Exercise (FC) 10:30 - 11:00 AM Bingo (RR) 1:30 - 2:15 PM Board Game Fun (BR) 3:00 - 4:30 PM
TV Exercise (FC) 9:15 - 10:00 AM Rosary Prayer & Holy Communion Service (RR) 10:15 - 11:15 AM Fall Volley Challenge!! (FC) 1:15 - 2:00 PM Popcorn & Movie Time (RR) 2:00 - 4:00 PM	Stack, Build & Smile (BR) 9:15 - 10:15 AM Let's Have a Laugh! (RR) 10:30-11:15 AM Seated Zumba (FC) 1:30 - 2:00 Bingo "X" (RR) 2:15 - 3:00 PM Fresh Air Plaza Walk 3:30 - 4:30 PM	Morning Mass (RR) 9:45 - 10:15 AM Mighty Oaks Cardio (FC) 10:30- 11:15 AM Book Club (BC) Colour & Connect (OB) 1:30 - 2:15 PM Close - Knit Circle (KN) 2:30 - 3:00 PM Little Ghosts & Pumpkins Hunt 3:30 - 4:30 PM	Respiratory Virus Recognition and Early Detection (RR) 9:30 - 10:15 AM Stretching our Roots (FC) 10:30- 11:15AM Carrying forward 1:30 - 3:00 PM Townhall meeting (BR) 3:00 - 3:30 PM Chip, Match & Win Bingo (BR) 3:30 a 5:00	Flip 7 (BR) 9:15 - 10:15 AM Strong as an Oak (FC) 10:30- 11:15 AM Virtual Adventures (RR) 1:30- 2:30 PM A Spooktacular Costume Party(BR) 3:00 - 5:00 PM	Book Club (BC) Colour & Connect (OB) 9:15 - 10:15 AM Shibashi (FC) 10:30- 11:00 AM Cup Challenge Game (BR) 1:30 - 2:30 PM Fall Bingo (RR) 2:30 - 3:15 PM November Activities Calendar Presentation (RR) 3:30 - 4:30 PM	UNO (BR) 9:15 - 10:15 AM TV Exercise (FC) 10:30 - 11:00 AM Bingo (RR) 1:30 - 2:15 PM Board Game Fun (BR) 3:00 - 4:30 PM Halloween