October 2026

EAST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:15 Hot Towel Service(EDR) 10:00 Doll Therapy (EDR) 10:45 Rosary(CH) 11:00 Mass (CH) 1:30 Table Curling (EDR) 3:00 Social Dance (EDR)	**2** 9:45 Read Along (S) 11:00 Memory Moments (S) 1:30 Bowling (L) 3:00 Close the Box (EDR)	**3** 1:30 Home Makers Club (EDR) 2:45 Walking Club (W) Simchat Torah Begins
4 9:45 Chair Exercises (EDR) 11:00 Word Games (EDR) 2:30 Peace Lutheran (CH)	**5** **Omie S Birthday** 10:00 Colouring and Music (S) 11:00 Balloon Bop (EDR)	**6** 9:45 Spa Time (EDR) 10:45 Rosary(CH) 11:00 Mass (CH) **11-3 Personal Touch Fashions (L)** 3:15 Fresh Bread Social (EDR) 6:45 Pals Visit (W)	**7** 9:45 Chair Yoga (EDR) **10:30 Music with Les (EDR)** 11:00 Group Meditation (CH) 2:45 Bingo (S)	**8** 9:15 Hot Towel Service(EDR) 10:00 Doll Therapy(EDR) 10:45 Rosary(CH) 11:00 Mass (CH) **1:30 Fall Leaf Tour (O)**	**9** 9:45 Brain Games (EDR) 11:00 Memory Moments (S)	**10** **Edna B Birthday** 9:45 Home Makers Club (EDR) 11:00 Walking Club (W)
11 10:45 Rosary (CH) 11:00 Mass (CH) 1:30 Chair Exercises (EDR) 2:45 Java Club (S)	**12** 2:15 Music with Lori (EDR) 	**13** **Arlene E Birthday** 9:15 Spa Time (EDR) 10:45 Rosary(CH) 11:00 Mass (CH) 11:00 Friendship Visits (W) 1:30 Home Makers Club (S)	**14** 9:45 Chair Yoga (EDR) 10:30 Sensory Time (W) 1:30 PB&J Sandwich Prep (S) 2:45 Creative Arts (S)	**15** 9:15 Hot Towel Service(EDR) 10:00 Doll Therapy(EDR) 10:45 Rosary(CH) 11:00 Mass (CH) 1:30 Social Dance (EDR) 2:45 Ball Games (EDR)	**16** **9:45 Vegetable Prep (EDR)** **11:00 Birthday Party with Cole Briggs (EDR)** 1:30 Musical Bingo (EDR) 3:00 Balloon Bop (EDR)	**17** **Lucy M Birthday** 1:30 Home Makers Club (EDR) 2:45 Walking Club (W)
18 9:45 Chair Exercises (EDR) 11:00 Word Games (EDR) 2:30 St. Pauls Anglican (CH)	**19** 10:00 Colouring and Music (S) 11:00 Balloon Bop (EDR) 1:30 Men's Club (S) 1:30 East Hymn Sing (EDR)	**20** **Eddy F Birthday** 9:45 Spa Time (EDR) 10:45 Rosary(CH) 11:00 Mass (CH) 11:00 Friendship Visits (W) 1:30 Home Makers Club (S) 2:45 Fresh Bread Social (EDR) 6:45 Pals Visit (W)	**21** 9:45 Chair Yoga (EDR) **10:30 Resident Council Meeting (DR)** 11:00 Group Meditation (CH) 1:15 Friendship Visits (W) **2:00 Happy Gang Choir (DR)** **3:30 Friendship Visits (W)**	**22** 9:15 Hot Towel Service(EDR) 10:00 Doll Therapy(EDR) 10:45 Rosary(CH) 11:00 Mass (CH) 1:30 Hot Apple Cider Social (EDR) 2:45 Stretch and Flex (S)	**23** 9:45 Brain Games (EDR) 11:00 Memory Moments (S)	**24** 9:45 Home Makers Club (EDR) 11:00 Walking Club (W)
25 10:45 Rosary (CH) 11:00 Mass (CH) 1:30 Chair Exercises (EDR) 2:45 Java Club (S)	**26** **Sally S Birthday** 10:00 Colouring and Music (S) 11:00 Building Club (EDR) 1:30 Balloon Bop (EDR) 2:30 Hockey (EDR)	**27** **Flo E Birthday** **9:45 Pumpkin Decorating (EDR)** 10:45 Rosary(CH) 11:00 Mass (CH) 11:00 Friendship Visits (W) 1:30 Home Makers Club (S) 2:45 Pig Dice (S)	**28** **Pumpkin Carving Voting Begins** 9:45 Creative Arts (S) 1:30 Baking Time: Cupcakes (S) 2:45 Sensory Time (W)	**29** 9:15 Hot Towel Service(EDR) 10:00 Doll Therapy(EDR) 10:45 Rosary(CH) 11:00 Mass (CH) 1:30 Bowling (L) **2:45 Sing Along with the Gregory Brothers (WDR)**	**30** **Last Day to Vote for Pumpkins** **Lois C Birthday** 9:45 Brain Games (EDR) 11:00 Memory Moments (S) **3:30 Fall Sips and Pumpkin Picks (L)**	**31** **Carol S & Ambrose Birthday** 1:30 Home Makers Club (EDR) 2:45 Walking Club (W) 3:30 Calendar Distribution (W) Halloween

The calendar is subject to change. Please check the whiteboard for the most up to date information

EDR-East Dining Room DR-Dining Room S-Sunroom L-Lobby W-Walk through
O-Outing NDR-North Dining Room **Bold**- Special Event