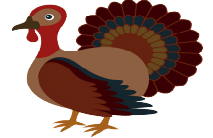
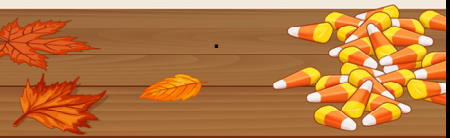


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 2025 Independent Living			1 10:30 – Fitness with Bev – 2nd Floor 2:00pm – Resident Town Hall Meeting & Popsicles - Dining Room Yom Kippur Begins	2 10am - Food Committee Meeting-Dining Room 2pm Oktoberfest Beer Sampling – Dining Room	3 2pm – Games Hour - 2nd Floor	4 Saturday Ideas To Do ↓
5 2:30- CRIB & CARDS - PDR	6 10:30 – Sit & Be Fit – 2nd Floor 2pm – BINGO! – 2nd Floor Sukkot Begins	7 11:15 - Lunch Outing to Cottonwood G&CC *Sign up list at reception 1:30- Stitch 'n B*tch - 2nd Floor	8 10:30 – Fitness with Bev – 2nd Floor 2pm – Nanaimo History Chat – 2nd Floor	9 1:15pm Trip to the Coombs Market *Sign up list at reception	10 10:15 – Thanksgiving Trivia – 2nd Floor 2pm- Happy Hour☺ - Dining Room	11 LIBRARY PUZZLES
12 2:30- CRIB & CARDS - PDR	13  Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	14 9:45-2:30 Legion Social Bus Trip -Coffee, Games, Lunch & Guest Speaker *Sign up list at reception Simchat Torah Begins	15 10:30 – Fitness with Bev – 2nd Floor 2pm- Brechin Hymn Sing -Chapel	16 10:15 – Brain Games - PDR 1:30pm Crib Tournament Dining Room	17 10:15 – News & Views with Shawn – 2nd Floor 2pm – Bean Bag Toss - 2nd Floor	18 CARDS SCRABBLE
19 2:30- CRIB & CARDS - PDR	20 10:30 – Sit & Be Fit – 2nd Floor 2pm – BINGO! – 2nd Floor	21 10:15 – Brain Games - PDR 1:30- Stitch 'n B*tch - 2nd Floor 2pm – Travel Show Rick Steeves – Germany - IL Dining Room	22 10:30–Fitness with Bev – 2nd Floor 2pm – Birthday Tea with Marty- Dining Room 	23 10:15 – Fall Walk with Shawn 1:30- Shopping Trip to Woodgrove Center *Sign up list at reception	24 10:15 Trivia - 2nd Floor 2pm – Giant Crossword - PDR	25 WALKS CANUCKS HOCKEY
26 2:30- CRIB & CARDS - PDR	27 10:30 – Sit & Be Fit – 2nd Floor 2pm – BINGO! – 2nd Floor	28 10:15 – Brain Games - PDR 1:30 – Scenic Drive *Sign up list at reception 3pm – Scenic Drive *Sign up list at reception	29 10:30–Fitness with Bev – 2nd Floor 2pm – BINGO! – 2nd Floor	30 10:30 – Pumpkin Carving – 2nd Floor 2pm Halloween Show with the K-Tones – Dining Room	31 2pm- Halloween Happy Hour☺ - Dining Room  Halloween	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2025 1st Floor Wexford Creek			1 10:00 Bingo – MPR 11:15 Card Games 1:30 Bus Trip 1:30 JW Meeting - MPR 3:30 Armchair Travel Yom Kippur Begins	2 9:30 Daily Chronicle 10:00 Chair Exercise 10:00 Music Therapy 11:15 Card Games 2:00 Birthday Social  4:00 Trips to the Tuck Shop	3 9:30 Daily Chronicle 10:00 Active Games 11:15 Card Games 1:30 Trips to the Tuck Shop 2:00 Octoberfest Happy Hour  4:00 Spa Day	4 9:30 Daily Chronicle 2:00 Sing Along
5 2:30 BINGO 	6 10:00 Hot Chocolate Social  11:00 News on the Go 1:15 Reminiscing 3:00 Montessori Sukkot Begins	7 9:30 Daily Chronicle 10:00 Chair Exercise 1:30 Flower arranging 3:00 Billiards 4:00 Trips to the Tuck Shop	8 10:00 Bingo – MPR 11:15 Card Games 1:30 Trips to the Tuck Shop 1:30 JW Meeting - MPR 3:00 Active Games 4:00 Armchair Travel	9 9:30 Daily Chronicle 10:00 Chair Exercise 10:00 Catholic Mass  11:15 Card Games 2:00 Music Event- Thankful THURSDAY 4:00 Trips to the Tuck Shop	10 9:30 Daily Chronicles 10:00 Active Games 11:15 Card Games 2:00 Music with Keith  4:00 Spa Day	11 9:30 Daily Chronicle 2:00 Armchair Travel
12 2:30 BINGO 	13 10:00 Let's Talk Turkey!  11:00 Friendly Visits 1:15 Tuck Shop 3:00 Armchair Travel Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	14 9:30 Daily Chronicle 10:00 Chair Exercise 1:30 FBC Hymn Sing  3:00 Billiards 4:00 Flower arranging Simchat Torah Begins	15 10:00 Bingo – MPR 11:15 Card Games 1:30 Trips to the Tuck Shop 1:30 JW Meeting - MPR 3:00 Tea Party 	16 9:30 Daily Chronicle 10:00 Music Therapy 10:30 Resident Council Meeting 11:15 Card Games 4:00 Trips to the Tuck Shop	17 10:00 Art Corner -MPR 1:30 Trips to the Tuck Shop 2:30 Hot Chocolate by the Fire 4:00 Spa Day	18 9:30 Daily Chronicle 2:00 Sing Along
19 2:30 BINGO 	20 10:00 Active Games 11:00 News on the Go 3:15 Friendly Visits	21 9:30 Daily Chronicle 10:00 Chair Exercise 1:30 Flower arranging 3:00 Billiards 4:00 Trips to the Tuck Shop	22 10:00 Bingo – MPR 11:15 Card Games 1:30 Bus Trip 1:30 JW Meeting - MPR 3:30 Armchair Travel	23 9:30 Daily Chronicle 10:00 Chair Exercise 11:15 Card Games 1:30 Active Games 3:00 Billiards	24 9:30 Daily Chronicle 10:00 Active Games 11:15 Card Games 3:30 Spa Day	25 9:30 Daily Chronicle 2:00 Armchair Travel
26 2:30 BINGO 	27 10:00 Histories Mysteries  11:00 Tuck Shop 1:15 Reminiscing 3:00 Friendly Visits	28 9:30 Daily Chronicle 10:00 Chair Exercise 1:30 Flower arranging 3:00 Billiards 4:00 Trips to the Tuck Shop	29 10:00 Bingo – MPR 11:15 Card Games 1:30 Trips to the Tuck Shop 1:30 JW Meeting - MPR 3:00 Tea Party 	30 9:30 Daily Chronicle 10:00 Music Therapy 10:00 Chair Exercise 11:15 Card Games 2:00 Halloween Baking- MPR 4:00 Spa Day	31 10:00 All Hallow's Name the Tune -MPR  11:15 Card Games 1:30 Trips to the Tuck Shop 2:30 Hot Chocolate by the Fire 4:00 Spa Day Halloween	9:30 Daily Chronicle 2:00 Sing Along

Programs subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2025 2nd Floor Wexford Creek			10:00 Bingo 1  1:30 JW Meeting 3:00 Snoezelen 4:15 Friendly Visits Yom Kippur Begins	10:00 Oktoberfest 2  11:00 Music Therapy 12:50 Rehab	10:00 Snoezelen 3  11:00 Tuck Shop Visits	10:00 Sing Along 4 3:30 Daily Chronicle
10:45 Active Games 5	10:00 Active Games 6 11:00 Brain Games 1:15 Gone Fishing 3:30 Friendly Visits Sukkot Begins	9:30 Armchair Travel 7 10:30 Chair Exercise 11:15 Friendly Visits	10:00 Bingo 8  1:30 Bus Trip 1:30 JW Meeting 4:00 Friendly Visits	10:00 Hot Chocolate Social 9 10:00 Catholic Mass 12:50 Rehab 2:00 Thankful Thursday Music Event	10:00 Chair Chi 10 11:00 News on the Go	10:00 Armchair Travel 11 3:30 Daily Chronicle
10:45 Active Games 12	10:00 Active Games 13 11:00 Visits w/Goldie 1:15 Colouring 3:30 Friendly Visits Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	9:30 SPA Day 14 10:30 Chair Exercise 11:15 Friendly Visits Simchat Torah Begins	10:00 Bingo 15  1:30 JW Meeting 3:00 Snoezelen 4:15 Friendly Visits	10:00 Bingo 16  11:00 Residents council 11:00 Music Therapy 12:50 Rehab	10:00 Art Corner 17 11:15 Tuck Shop	10:00 Sing Along 18 3:30 Daily Chronicle
10:45 Active Games 19	10:00 Active Games 20 11:00 Brain Games 2:00 Birthday Party  3:30 Friendly Visits	9:30 Armchair Travel 21 10:30 Chair Exercise 11:15 Friendly Visits	10:00 Bingo 22  1:30 JW Meeting 3:00 Snoezelen 4:15 Friendly Visits	10:00 Reminiscing 23  12:50 Rehab	10:00 Snoezelen 24 11:00 Tuck Shop Visits 2:00 Cliff - 2nd Floor	10:00 Armchair Travel 25 3:30 Daily Chronicle
10:45 Active Games 26	10:00 Active Games 27 11:00 Visits w/Goldie 1:15 Montessori 3:30 Friendly Visits	9:30 SPA Day 28 10:30 Chair Exercise 11:15 Friendly Visits	10:00 Bingo 29  1:30 Bus Trip 1:30 JW Meeting 4:00 Friendly Visits	10:00 Bingo 30  11:00 Music Therapy 12:50 Rehab	10:00 All Hallow's Name that Tune 31  Halloween	2nd Floor Wexford Creek Senior Living 

Programs subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Armchair Exercise Reminiscing Coffee & Connection Friendly Visits Yom Kippur Begins	2 Sing along Montessori Friendly Visits	3 Trips to the Tuck shop Armchair Travel – October fest Celebration	4 4:15 Daily Chronicle Discussion Group (C1)
5 Sing Along – Suzie Q	6 Snoezelen Table Games Magazine / Book Cart Friendly visits Sukkot Begins	7 Flower Arranging Montessori Reminiscing Friendly Visits	8 Armchair Exercise Table Games / Puzzles	9 Catholic Mass 10:00 Armchair Exercise Thankful Thursday Music -2pm	10 Spa Day Walks & Strolls Root Beer Social	11 4:15 Daily Chronicle Discussion Group (C2)
Sing Along – Suzie Q 12	13 Armchair Exercise Magazine cart / Book Cart Let's Talk Turkey ! Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	14 Flower Arranging Montessori F.B.C. Hymn Sing Friendly Visits Simchat Torah Begins	15 Armchair Exercise Bus trips - Cottages Friendly Visits	16 Armchair Travel Active Games Birthday Celebration Friendly Visits	17 Trips to the Tuck shop Short stories Hot chocolate Social	18 4:15 Daily Chronicle Discussion Group (C3)
Sing Along – Suzie Q 19	20 Snoezelen White Board Games Coffee & Connection Friendly Visits	21 Flower arranging Montessori Reminiscing Friendly Visit	22 Armchair Exercise Active Games Friendly Visits	23 Armchair Travel Musical Entertainment with Keith- cottages 1-3 Friendly Visits	24 Spa Day Short Stories Walks & Strolls Friendly Visits	25 4:15 Daily Chronicle Discussion Group (C1)
Sing Along – Suzie Q 26	27 Armchair Exercise White Board Games Coffee & Connection Friendly Visits	28 Flower Arranging Montessori Arts Corner Friendly Visits	29 Armchair Exercise Active Games Friendly visits	30 Pumpkin Decorating Halloween Baking Friendly Visits	31 Armchair Travel Halloween Stories & Treats Friendly Visits Halloween	Type extra information here.

Type the name, address, and other information about your community/company here.