

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>Elen's hair Salon</i>			Janet & Lucy <i>Elen's hair Salon</i> Tuck Store 1:30-3pm Theatre Rm	
				1. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Newsletter Assembly(B) NATIONAL SENIORS DAY CAKE INCLUDED AT LUNCH 1:30 Art Class w/Maria (T) 1:30 Painting w Jas © 	2. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Table Games (B) 10:30 Bible Study  1:30 Tuck Store (T) 2:00 Music w/Karaoke Joe 	3. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Word Games (B) 2:00 Music w/ Alastair McMurray (B) 
4.  9:30 Exercise/Awareness© 10:00 Dog Therapy w/Samantha & Tucker 10:30 Mystery Time 1:30 Table Games	Janet & Lucy  9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Table Games (B) 10:15 Prayers & Songs(+)  1:30 Mystery Time ©  1:30 Bingo (T)	6. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Word Games 10:15 Catholic Communion(+)  11:00am-Bus Outing  Lunch @ Turkey House 1:15 Spirit Lifters(T) 1:30 Sing-A-Long w/L. C. © 2:45 Hand Chimes w/L. C	7. NO Armchair Exercises or Table games today 9:30 Awareness © 9:45 *WRBC Coffee & games w/Friends (outing) 10:15 Hymn Sing (+)  *2:00 Music Afternoon w/ Richard Stepp 	8. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Word Games (B) 1:30 Painting Class w/Star  1:30 Outside Walks © (weather permitting)	Janet & Lucy  9. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Table Games (B) 10:30 Bible Study  1:30 Tuck Store (T) 2:00 Garden Club (B) 	10. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Word Games (B) 2:00 Sing-A- Long 
11. 9:30 Exercise/Awareness© 10:15 *Tote Bag Craft w/student volunteers from Semiahmoo school 2:00 *Tote Bag Craft w/student volunteers (Downstairs Activity Rm)	12. STAT HOLIDAY 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Table Games(B) NO Prayers & Songs today  1:30 Mystery Time ©  1:30 Bingo (T)	13. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Word Games (B) 10:15 Catholic Communion(+)  NO Bus Outing today 1:15 Spirit Lifters(T)	14. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Table Games (B) 10:15 Hymn Sing (+)  2:00 Music Afternoon w/ Colleen Dee 	15. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Word Games (B) 1:30 Armchair Travel © 1:30 Outside Walks/ Pencil Talk	16. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Table Games (B) 10:30 Bible Study  1:30 Tuck Store (T) 1:30 Mystery Time © 2:30 Music w/ Karaoke Joe 	17. 9:30 Armchair Exercises(B) 9:30 Chair Yoga © 10:00 Word Games(B) 2:00 Music w/Alastair McMurray (B) 

						
Sunday	Monday	Tuesday Janet & Lucy	Wednesday	Thursday	Friday Janet & Lucy	Saturday
18.  9:30 Exercise/Awareness© 10:00 Dog Therapy w/Samantha & Tucker 10:30 Visit to Library* *2:00 *Flower card Craft w/student volunteers <u>from Semiahmoo school</u>	19. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Table Games (B) 10:15 Prayers & Songs(+)  1:30 Mystery Time © 1:30 Bingo (T) 	20. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:15 Catholic  Communion(+) 11:15am-Bus Outing  Lunch @ C-Lovers 1:15 Spirit Lifters(T) 1:30 Sing-A-Long w/L. C. © 2:45 Sing-A-Long w/L.	21. NO Armchair Exercises or Table games today 9:30 Awareness © 9:45 *WRBC Coffee & games w/Friends (outing)  10:15 Hymn Sing (+)  2:00 Music Afternoon w/Peter Tennant 	22. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Word Games (B) *10:15 Bread making © 1:30 Pencil Talk (AL) 1:30 Movie Night ©	23. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Table Games (B) 10:30 Bible Study (+)  1:30 Tuck Store (T) 2:00 Garden Club (B) 	24. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Word Games(B) 2:00 Sing-A- Long 
25. 9:30 Exercise/Awareness© 10:30 Mystery Time 1:30 Grow a Plant 	26. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 <u>Pumpkin Carving</u> 10:15 Prayers & Songs(+)  1:30 Mystery Time © 1:30 Bingo (T)  2:30 Music w/ Karaoke Joe 	27. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Table Games (B) 10:15 Catholic  Communion(+) 1:15pm-Bus Outing  Scenic Drive/Park Visit 1:15 Spirit Lifters(T) *3:30 SJ Skits and Jokes(B) w/volunteers	28.  9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Newsletter Assembly(B) 10:15 Hymn Sing (+)  2:00 Music Afternoon w/ Ranj Singh 	29. 9:30 Armchair Exercises(B) 9:30 Awareness © 9:30 Grand Friend Visit (B) <i>Dress up-Halloween-Act. Staff</i> 1:30 Halloween Story Time © 1:30 Java Club (T) 	30.  <i>Halloween Costumes</i> 9:30 Armchair Exercises(B) 9:30 Awareness © 10:30 Bible Study  1:30 Tuck Store (T) 1:30 Mystery Time ©	31. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Word Games (B) 2:00 Music w/Alastair McMurray (B) 
LEGEND FOR ROOMS (O) Oak Lounge (B) Basement Activity Rm (T) Theatre Room (F) Fireside Lounge (P) Back Patio © Complex Care (H) Heritage Rm-Complex {C} Coffee Shop (+) Chapel *New programs					 OCTOBER 2026 	