

# OCTOBER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Birthdays in October</b></p> <p>Jack C. (3) Trudy (12) Deb R. (19) June S. (25)</p>	<p>9:45 Gentle Yoga <b>1</b> 10:30 Manicures 1:45 Bingo 2:30 Afternoon Tea 3:00 Chair Exercises 3:45 Knitting</p>	<p>9:45 Sit and be Fit <b>2</b> 10:30 Mental Aerobics 10:30 Time w/ Harleen 1:00 Hand &amp; Foot 2:30 Afternoon Tea 3:30 Flower Arr. 6:15 Quest Knitters 6:45 Crib</p>	<p>9:45 Fitball <b>3</b> 10:30 Dog Visits 1:00 New Market 2:30 Afternoon Tea 3:00 Chair Exercises 3:45 Knitting Tavana 7-9 Community Bridge Everyone Welcome</p>	<p>9:45 Sit to Stand <b>4</b> 10:30 Brain Benders 2:30 Library Here 1:45 Bingo 2:30 Afternoon Tea 3:00 Crib 6:00 Bridge</p>	<p>9:45 Fitball <b>5</b> 1:00 Canasta 2:30 Afternoon Tea 1:00 Bus to Walmart 3:00 Racehorse Game</p>	<p>11:00 Scrabble <b>6</b> 1:45 Bingo 2:30 Afternoon Tea 3:00 Saturday Matinee</p>
<p>1:30 Painting <b>7</b> 2:30 Afternoon Tea 6:00 Movie 7:00 Crib</p>	<p><b>Thanksgiving Day</b> <b>STATUTORY HOLIDAY</b></p> <p>1:45 Bingo 2:30 Afternoon Tea</p>	<p>9:45 Sit and be Fit <b>9</b> 10:30 Mental Aerobics 10:30 Time w/ Harleen 1:00 Hand &amp; Foot 2:30 Afternoon Tea 3:30 Play Reading 6:45 Crib</p>	<p>9:45 Fitball <b>10</b> 10:30 Dog Visits 11:30 BRANCH 70 1:00 New Market 2:30 Afternoon Tea 3:00 Chair Exercises 3:45 Knitting Tavana 7-9 Community Bridge Everyone Welcome</p>	<p>9:45 Sit to Stand <b>11</b> 10:30 Brain Benders 1-2:30 Early Reg. Civic Election 1:45 Bingo 2:30 Afternoon Tea 3:00 Music w/ Gary 3:00 Crib 6:00 Bridge</p>	<p>9:45 Fitball <b>12</b> 1:00 Canasta 2:30 Afternoon Tea 3:00 Racehorse Game</p>	<p>11:00 Scrabble <b>13</b> 1:45 Bingo 2:30 Afternoon Tea 3:00 Saturday Matinee</p>
<p>1:30 Painting <b>14</b> 2:30 Afternoon Tea 6:00 Movie 7:00 Crib</p>	<p>9:45 Gentle Yoga <b>15</b> 10:30 Manicures 10:30 Painting 1:45 Bingo 2:30 Afternoon Tea 3:00 Chair Exercises 3:45 Knitting</p>	<p>9:45 Sit and be Fit <b>16</b> 10:30 Mental Aerobics 1:00 Hand &amp; Foot 2:30 Afternoon Tea 3:30 Play Reading 5:15 Oktoberfest w/ Peter Paulus ent 6:45 Crib</p>	<p>9:45 Fitball <b>17</b> 10:30 Dog Visits 1:00 New Market 2:30 Afternoon Tea 3:00 Chair Exercises 3:45 Knitting Tavana 7-9 Community Bridge Everyone Welcome</p>	<p>9:45 Sit to Stand <b>18</b> 10:30 Brain Benders 1:45 BIG Bingo 2:30 Afternoon Tea 3:00 Crib 6:00 Bridge</p>	<p>9:45 Fitball <b>19</b> 11:30 Bus to Shady Tree Restaurant 1:00 Canasta 2:30 Afternoon Tea 3:00 Racehorse Game</p>	<p>11:00 Scrabble <b>20</b> 1-2 Early Voting Civic Election 1:45 Bingo 2:30 Afternoon Tea 3:00 Saturday Matinee</p>
<p>1:30 Painting <b>21</b> 2:30 Afternoon Tea 6:00 Movie 7:00 Crib</p>	<p>9:45 Gentle Yoga <b>22</b> 10:30 Manicures 10:30 Painting 1:45 Bingo 2:30 Afternoon Tea 3:00 Chair Exercises 3:45 Knitting</p>	<p>9:45 Sit and be Fit <b>23</b> 10:30 Mental Aerobics 1:00 Hand &amp; Foot 2:30 Birthday Tea 3:30 Play Reading 6:45 Crib</p>	<p>9:45 Fitball <b>24</b> 10:30 Dog Visits 1:00 New Market 3:45 Knitting Tavana 3:00 Chair Exercises 2:30 Afternoon Tea 7-9 Community Bridge Everyone Welcome</p>	<p><i>Lesley back</i> <b>25</b></p> <p>9:45 Sit to Stand 10:30 Brain Benders 1:45 Bingo 2:30 Afternoon Tea 3:00 Crib 6:00 Bridge</p>	<p>9:45 Fitball <b>26</b> 1:00 Canasta 2:30 Afternoon Tea 3:00 Food Council 3:30 Racehorse Game</p>	<p>11:00 Scrabble <b>27</b> 1:45 Bingo 2:30 Afternoon Tea 3:00 Saturday Matinee</p>
<p>1:30 Painting <b>28</b> 2:30 Afternoon Tea 6:00 Movie 7:00 Crib</p>	<p>9:45 Gentle Yoga <b>29</b> 10:30 Manicures 10:30 Painting 1:45 Bingo 2:30 Afternoon Tea 3:00 Chair Exercises 3:45 Pumpkin Carving</p>	<p>9:45 Sit and be Fit <b>30</b> 10:30 Mental Aerobics 1:00 Hand &amp; Foot 2:30 Afternoon Tea 3:00 Resident Forum 3:30 Play Reading 6:45 Crib</p>	<p>9:45 Fitball <b>31</b> 10:30 Dog Visits 1:00 New Market 2:30 Afternoon Tea 2:45 Halloween Party w/ Carolyn Grass 7-9 Community Bridge Everyone Welcome</p>	<div style="border: 1px solid green; padding: 5px; display: inline-block;"> <p><i>When you rise in the morning, give thanks for the light, for your life, for your strength. Give thanks for your food and for the joy of living. - Tecumseh</i></p> </div>		

# Fall Word Search

Find the fall words from the bottom in the fall word search grid. The words can be forwards or backwards, vertical, horizontal, or diagonal. Circle each letter separately, but keep in mind that letters may be used in more than one word. When the fall word search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting autumn fact.

W	A	R	T	H	A	N	K	S	G	I	V	I	N	G
M	S	U	N	N	E	G	N	A	H	C	Y	D	N	A
Y	S	O	A	N	D	C	H	I	L	O	L	I	Y	R
B	A	C	K	T	O	S	C	H	O	O	L	B	U	E
R	T	T	N	G	N	I	K	A	R	L	O	E	T	T
E	E	O	F	R	L	E	E	Z	A	U	T	U	M	N
M	I	B	N	G	N	U	I	F	N	G	H	Q	T	I
M	S	E	M	Y	A	R	F	E	G	L	T	S	H	W
U	E	R	I	E	D	E	A	R	E	L	C	E	O	E
S	N	D	I	L	V	T	I	A	O	O	B	R	N	R
R	S	R	F	L	O	O	V	R	M	L	R	U	A	O
E	K	E	I	O	N	E	N	G	S	P	O	T	E	F
T	C	D	T	W	S	E	A	S	O	N	W	C	A	E
F	C	U	L	A	R	F	A	L	L	C	N	I	O	B
A	H	A	L	L	O	W	E	E	N	L	O	P	R	S

AFTER SUMMER  
 AUTUMN  
 BACK TO SCHOOL  
 BEFORE WINTER  
 BROWN  
 CHANGE  
 COLORFUL  
 COOL  
 FALLING  
 HALLOWEEN

**Shannon Falls Retirement Residence**  
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LEAVES  
 NOVEMBER  
 OCTOBER  
 ORANGE  
 PICTURESQUE  
 RAKING  
 RED  
 SEASON  
 THANKSGIVING  
 YELLOW

## Shannon Falls Retirement Residence Activity Calendar *October 2018*

