

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Meal Times**First Seating**

Breakfast: 8:15-8:55

Lunch: 11:45-12:25

Supper: 4:45-5:25

Second Seating

Breakfast: 9:05-9:45

Lunch: 12:35-1:15

Dinner: 5:35-6:15

October 2026

Sprucewood Place

Legend

L – Lobby
 DR – Dining Room
 O – Outside
 104, 201, 301 -
 Rooms

	4 10:00am Fun & Fitness (201) 11:00am Devotions (104) 1:30pm Word Games (DR) 3:00pm Bingo (DR)	5 10:00am Madlibs (DR) 11:00am Spiritual Reflections (104) 1:30pm Music Appreciation (DR) 2:30pm Jeopardy (DR) 3:30pm Dice Games (301)	6 10:00am Virtual Catholic Mass (DR) 11:00am Manicures (301) 1:30pm Seated Yoga (201) 3:00pm Library (DR)	7 1:30pm Karaoke (DR) 1:30pm Fun & Fitness (201) 2:30pm Your Voice Home Quality Resident & Family Council Meeting (DR) 1-1 Visits Word Search (DR) Card Games (301) Meditative Colouring (104) Americas Funniest Home Videos (DR)	8 FLU CLINIC 9-12 1:30pm Bible Reading (104) 2:30pm Board Games (301) 3:30pm Singalong (DR) 6:30pm Bingo (DR) 7:45pm Active Engagement Visits	9 10:00am Trivia (DR) 11:00am Fun & Fitness (201) 1:30pm Ladies Group (104) 3:00pm Worship Service (DR)
11 	12 	13 1:30pm Devotions (104) 1:30pm Fun & Fitness (201) 2:30pm Yahtzee (301) 2:30pm Name That Tune (DR) 3:30pm Pumpkin Pie Making (104) 3:30pm Jeopardy (DR) 6:30pm Bingo (DR) 6:30pm Penne Ante (301) 7:15pm Word Search (301) 7:45pm Active Engagement Visits	14 1:30pm Spiritual Reflections (104) 1:30pm Karaoke (DR) 2:30pm Word Games (DR) 2:30pm 1-1 Visits 3:00pm Pumpkin Pie Social (DR) 6:30pm Movie Night (DR) 6:30pm Crib (301) 7:15pm Axe Throw (201) 7:15pm Dice Games (301)	15 Referendum Election 10-12 1:30pm Bible Reading (104) 1:30pm Seated Yoga (201) 2:30pm Trivia (DR) 2:30pm Uno (301) 3:30pm Junk Drawer Detective (301) 3:30pm Music Appreciation (DR) 6:30pm Men's Group (DR) 6:30pm Water Colour Painting (104) 7:15pm Americas Funniest Home Videos (DR) 7:15pm You Be The Judge (301)	16 1:30pm Fun & Fitness (201) 1:30pm 1-1 Visits 2:00pm Milestones (DR) 3:30pm Craft (301) 3:30pm Dice Games (DR) 6:30pm Bingo (DR) 6:30pm Word Search (301) 7:15pm Hymn Sing (104) 7:45pm Active Engagement Visits	17 1:30pm Card Games (301) 3:00pm Worship Service (DR) 6:30pm Bowling (201) 7:15pm Open Activity (DR)
18 	19 1:30pm Devotions (104) 3:00pm Bingo (DR) 	20 11:00pm Fun & Fitness (201) 1:30pm Board Games (301) 2:30pm Music Appreciation (DR)	21 10:00pm Non-Denominational Church (DR) 11:00am Word Search (DR) 2:30pm Dice Games (301)	22 1:30pm Spiritual Reflections (104) 2:30pm Fun & Fitness (201) 3:30pm Karaoke (DR) 6:30pm Card Games (301) 7:15pm Ripleys Believe it or Not (DR)	23 1:30pm Bible Reading (104) 2:30pm Seated Yoga (201) 3:30pm Word Games (DR) 6:30pm Bingo (DR) 7:45pm Active Engagement Visits	24 
25 	26 1:30pm Decorate for Halloween 2:30pm Singalong (DR) 3:30pm Devotions (104) 6:30pm Bingo (DR) 7:45pm Active Engagement Visits	27 1:30pm Bible Reading (104) 1:30pm Word Search (DR) 2:30pm Yahtzee (301) 2:30pm Armchair Travel – Mexico (DR) 3:30pm Karaoke (DR) 3:30pm Fun & Fitness (201) 6:30pm Halloween Craft (301) 6:30pm Ripleys believe it or not (DR) 7:15pm You Be The Judge (301) 7:15pm Documentary (DR)	28 1:30pm Seated Yoga (201) 1:30pm Ladies Group (104) 2:30pm Junk Drawer Detective (301) 2:30pm Uno (DR) 3:30pm Halloween Madlibs (301) 3:30pm Music Appreciation (DR) 6:30pm Halloween Paint Night Social (DR) 7:45pm Active Engagement Visits	29 1:30pm 1-1 visits 2:00pm Halloween Party (DR) 4:00pm Dice Games (301) 4:00pm Jeopardy (DR) 6:30pm Men's Group (DR) 6:30pm Fun & Fitness (201) 7:15pm Spiritual Reflection (104) 7:15pm Jewelry Making (301)	30 10:00am Word Games (DR) 11:00am Hymn Sing (104) 1:30pm 1-1 Visit 2:00pm Halloween Ice Cream Social (DR) 3:30pm Halloween Colouring (104) 3:30pm Card Games (301) 6:30pm Bingo (DR) 7:45pm Active Engagement Visits	31 1:30pm Halloween Baking (104) 2:30pm Halloween Movie (DR) 3:30pm Corn Hole (201) 

Programs are subject to change, see whiteboards for daily programs*.