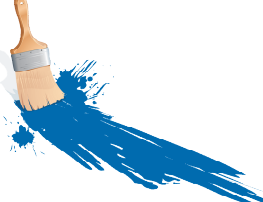


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2026 Independent Living				1 2pm – Resident Town Hall Meeting & Popsicles - Dining Room	2 2pm- Happy Hour☺ - Dining Room	3 Saturday Ideas To Do  Simchat Torah Begins
4 2:30- CRIB & CARDS - PDR	5 10:30 – Sit & Be Fit – 2 nd Floor 2pm – BINGO! – 2 nd Floor	6 11:15 - Lunch Outing to Ricky's Restaurant *Sign up list at reception 1:30- Stitch 'n B*tch - 2 nd Floor	7 1:30- Shopping Trip to Woodgrove Center *Sign up list at reception	8 10am - Food Committee Meeting-Dining Room 2pm – Nanaimo History Chat – 2 nd Floor	9 10:15 – Thanksgiving Trivia – 2 nd Floor 2pm -Oktoberfest Beer Sampling – Dining Room	10 LIBRARY PUZZLES
11 2:30- CRIB & CARDS - PDR	12 	13 9:45-2:30 Legion Social Bus Trip -Coffee, Games, Lunch & Guest Speaker *Sign up list at reception	14 2pm – Birthday Tea with Terry- Dining Room 	15 10:30 – Sit & Be Fit – 2 nd Floor 2pm – BINGO! – 2 nd Floor	16 10:15 – News & Views with Shawn – 2 nd Floor 2pm – Bean Bag Toss – 2 nd Floor	17 CARDS SCRABBLE
18 2:30- CRIB & CARDS - PDR	19 10:30 – Sit & Be Fit – 2 nd Floor 2pm – BINGO! – 2 nd Floor	20 10:15 – Brain Games – PDR 1:30pm Crib Tournament Dining Room	21 2pm- Brechin Hymn Sing -Chapel 2pm – Backyard Scavenger Hunt	22 10:15 – Brain Games – PDR 2pm – Travel Show Rick Steeves – Germany - IL Dining Room	23 2PM – “Would you Rather” discussion game – PDR	24 WALKS CANUCKS HOCKEY
25 2:30- CRIB & CARDS - PDR	26 10:30 – Sit & Be Fit – 2 nd Floor 2pm – BINGO! – 2 nd Floor	27 10:15 – Brain Games – PDR 1:30- Stitch 'n B*tch - 2 nd Floor	28 10:00 – Coffee & Chat – Dining Room 2pm – Newspaper Scavenger Hunt -PDR	29 10:30 – Sit & Be Fit – 2 nd Floor 2pm – Pumpkin Carving – 2nd Floor	30 2pm- Halloween Happy Hour☺ - Dining Room 	31  Halloween

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2026 1st Floor Wexford Creek				10:30 Calendar Distribution! 1 3:00 Decorating Our Bulletin Board 	10:30 Creative Corner 2 11:30 Friendly Visits 	10:30 Word Games 3 11:30 News on the GO! 3:00 Billiards and Cards Simchat Torah Begins
4 10:30 Hymn Sing 3:30 Armchair Travel	5 10:15 Bingo 11:15 News on the Go 1:30 Hot Chocolate Social  3:00 Friendly Visits 6:15 Balloon Games	6 10:30 Balloon Games 11:30 One to Ones 2:00 Active Games 4:00 Card Games	7 10:30 Bus Trip!  3:00 Creative Corner 4:00 One to Ones	8 10:00 Music Therapy 10:30 Catholic Mass  11:30 Friendly Visits	9 10:30 Sing Along! 11:30 News on the GO! 2:00 1 st Floor – Marty	10 10:30 Tuck Shop Visits 11:30 News on the GO! 3:00 Billiards and Cards
11 10:30 Hymn Sing 3:30 Armchair Travel	12 10:15 Bingo 11:15 News on the Go Thanksgiving!  6:15 Balloon Games Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	13 10:30 Autumn Social 11:30 News on the GO! 2:00 Active Games	14 10:30 Sing Along! 11:30 News on the GO! 2:00 Active Game	15 10:30 Resident Council 11:30 Piano Time! 3:00 Active Games	16 10:30 Creative Corner 11:30 Friendly Visits 	17 10:30 Word Games 11:30 News on the GO! 3:00 Billiards and Cards
18 10:30 Hymn Sing 3:30 Armchair Travel	19 10:15 Baking  11:15 News on the Go 1:30 Hot Chocolate Social 3:00 Coloring 6:15 Balloon Games	20 10:30 Balloon Games 11:30 One to Ones 2:00 Active Games 4:00 Card Games	21 10:30 Word Games 11:30 News on the GO! 3:00 Creative Corner 4:00 One to Ones 	22 10:00 Music Therapy 10:30 Creative Corner 11:30	23 10:30 Sing Along! 11:30 News on the GO!	24 10:30 Tuck Shop Visits 11:30 Piano Time 3:00 Billiards and Cards
25 10:30 Hymn Sing 3:30 Armchair Travel	26 10:15 Reminiscing 11:15 Friendly Visits 1:30 Sing Along 3:00 News on the Go 6:15 Balloon Games	27 10:30 Group Social 11:30 News on the GO! 1:00 Birthday Social! 2:00 Active Games 	28 10:30 Bingo (MPR) 11:30 Friendly Visits 2:00 Active Game	29 10:30 Sing Along 11:30 Piano Time! 3:00 Active Games	30 10:30 Decorating our Bulletin Boards! 11:30 Friendly Visits	31 10:30 HALLOWEEN TRICK OR TREAT! 1:30 News on the GO!  Halloween

Programs subject to change. Michelle = Red
 Gail = Green
 Montanna = Blue

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2026 2nd Floor Wexford Creek				10:15 Balloons & Tunes  12:00 Calendar Distribution 2:00 Decorating our Bulletin Board 1	1:30 Sing Along 2	1:30 Creative Corner 2:30 News on the GO! 4:15 Tuck shop 6:00 Armchair Travel Simchat Torah Begins 3
2:15 Bingo 4	10:15 Social  11:15 Coloring 2:15 Active Games 5	6:15 Armchair Travel 6	10:15 Bingo  11:15 Friendly Visits 2:00 Active Game 6:00 Movie Night 7	11:00 Music Therapy  11:15 News on the Go 8	10:15 Reminiscing  1:30 Coloring 9	4:15 Tuck shop 6:00 Armchair Travel 10
2:15 Bingo 11	10:15 Word Games 11:00 Friendly Visits 2:00 Birthday Party!   Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada) 12	1:30 Creative Corner 6:15 Armchair Travel 13	10:15 Bus Trip!  11:15 News on the Go 1:30 Word Games 6:00 Movie Night 14	10:15 Motion & Movement  11:00 Resident Council 1:30 Pumpkin Paparazzi! 15	10:15 Games 1:30 Sing Along 16	4:15 Tuck shop 1:30 Halloween Scavenger Hunt 6:00 Armchair Travel 17
2:15 Bingo 18	10:15 Exercise 11:15 Tuck Shop 2:15 Active Games 19	1:30 Creative Corner 6:15 Armchair Travel 20	10:30 Bingo  11:15 Friendly Visits 1:30 One to Ones 2:00 Active Game 6:00 Movie Night 21	10:15 Reminiscing  11:00 News on the Go 11:00 Music Therapy 1:30 Sing Along 22	10:15 Chair Chi 2:00 Music with Keith  1:30 Halloween Folk Stories 6:00 Armchair Travel 23	4:15 Tuck shop 6:00 Armchair Travel 24
2:15 Bingo 25	10:00 Social  11:15 Coloring 2:15 Active Games 26	1:30 Creative Corner 6:15 Armchair Travel 27	10:15 Bingo  11:15 News on the Go 1:30 Word Games 6:00 Movie Night 28	10:15 History of Halloween  11:00 Music Therapy 11:15 Friendly Visits 1:30 Halloween Sing Along 29	10:15 Balloons & Tunes  1:30 Decorating Craft 30	Halloween! Trick or Treat all day! 6:00 Armchair Travel  Halloween 31

Programs are subject to change.

Sunday

Monday

Tuesday

Wednesday

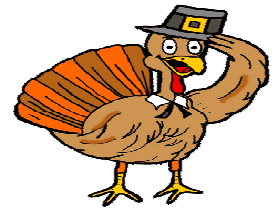
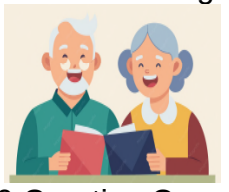
Thursday

Friday

Saturday

October 2026

COTTAGE

				10:00 Music Therapy  1:30 Calendar Distribution 3:00 Walks (C2)	1 11:15 Autumn Walks  2:00 Piano & Tea (C3) 3:00 Sing Along & Tea (C1) 4:00 Classic Cars (C2)	2 Ice Cream Social 1:00-3:00  Simchat Torah Begins
4 11:15 Walking Program (C2)	5 11:15 Active Games (C2) 4:15 Bingo (C3)	6 12:30 Flower Arranging (C1) 4:15 Flower Arranging (C3)	7 11:15 Ball Games (C2) 12:30 Sit & Fit (C1)	8 11:15 Autumn Walks 	9 11:15 Autumn Walks 	10 Autumn Tea Party! 1:00-3:00 
11 11:15 Walking Program (C2)	12 11:15 Active Games (C2) 4:15 Bingo (C3)  Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	13 12:30 Flower Arranging (C1) 4:15 Flower Arranging (C3)	14 11:15 Ball Games (C2) 12:30 Sit & Fit (C1)	15 10:00 Music Therapy  2:00 Pumpkin Paparazzi! (C1,C3) Classic Cars (C2)	16 11:15 Reminiscing  2:00 Creative Corner (C1, C3) 4:00 Autumn Walks (C2)	17 Birthday Party 1:00-3:00 
18 11:15 Walking Program (C2)	19 11:15 Active Games (C2) 4:15 Bingo (C3)	20 12:30 Flower Arranging (C1) 4:15 Flower Arranging (C3)	21 11:15 Ball Games (C2) 12:30 Sit & Fit (C1)	22 11:15 Stories  1:00 Music with Keith	23 11:15 News on the Go 2:00 Spa Day (C1, C3) 4:00 Classic Boats (C2)	24 Happy Hour 1:00-3:00 
25 11:15 Walking Program (C2)	26 11:15 Active Games (C2) 4:15 Bingo (C3)	27 12:30 Flower Arranging (C1) 4:15 Flower Arranging (C3)	28 10:30 Bus Trip! 	29 10:00 Music Therapy 1:00 Music with Keith 	30 11:15 Stories  2:00 Word Games (C1, C3) 4:00 Autumn Walks	31 Trick or Treats  Halloween

Programs subject to change.