

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2025 1st Floor Calendar			10:15 – Aerobic Class 1 (A&C) 11:00 - Aerobic Class (B) 1:45 – Fascinator Making Craft 3:30 - Knot another Massage Yom Kippur Begins	10:15 – Chair Yoga 2 (A&C) 11:00 – News & Views (B) 2:00 - Crossword Fun with Roger 3:00 – Tea Talk 3:30 – Sensory Program	10:15 - Stretch & Bouncing Ball (A&C) 3 11:00 – Gentle Stretch (B) 2:00 – Social Tea 3:00 – News & Views 3:30 – Manicure	10:15 - Morning Fitness (A&C) 4 11:00 - Gentle Stretch (B) 12:00 - Meal Assist 1:1 2:00 - Happy Hour 3:00 – Bingo
10:15 - Balance Fitness 5 (A&C) 11:00 – Word Games (B) 2:00 – Birthday Celebration with Entertainment 3:30 – 1:1 Visit	10:15 – Flexibility Class 6 (A&C) 11:00 – Charades (B) 1:30 – Shuffleboard 2:30 – Autumn Moon Social 3:30 - Spa-La-La Sukkot Begins	10:15 – Flexibility Class 7 (A&C) 11:00 –Trivia (B) 1:30 – Word Games (B) 2:30 – Tea Talk 3:30 - Heart for Music	10:15 – Aerobic Class 8 (A&C) 11:00 - Aerobic Class (B) 1:45 – Oktoberfest Celebration 3:30 - 1:1 Visit	10:15 – Chair Yoga 9 (A&C) 11:00 – News & Views(B) 2:00 - Crossword Fun with Roger 3:00 – Thanksgiving Trivia 3:30 – Sensory Program	10:15 - Stretch & Bouncing Ball (A&C) 10 11:00 – Gentle Stretch (B) 2:00 – Social Tea 3:00 – News & Views 3:30 – Manicure	10:15 - Morning Fitness (A&C) 11 11:00 - Gentle Stretch (B) 12:00 - Meal Assist 1:1 2:00 - Happy Hour 3:00 – Bingo
10:15 - Balance Fitness (A&C) 12 11:00 – Word Games (B) 2:00 - Crossword Fun with Roger 3:00 – Thanksgiving Social 3:30 – 1:1 Visit	10:15 – Morning Fitness 13 2:00 – 1:1 visit Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	10:15 – Flexibility Class (A&C) 14 11:00 – Trivia (B) 1:30 – Word Games (B) 2:30 – Tea Talk 3:30 - Heart for Music Simchat Torah Begins	10:15 – Aerobic Class 15 (A&C) 11:00 - Aerobic Class (B) 1:45 – Board Games 3:00 - Mingle Mugs Social 3:30 - Knot another Massage	10:15 – Chair Yoga 16 (A&C) 11:00 – News & Views (B) 1:30 – Church Service 2:00 - Crossword Fun with Roger 3:00 – Tea Talk	10:15 - Stretch & Bouncing Ball (A&C) 17 11:00 – Gentle Stretch(B) 2:00 – Diwali Celebration 3:30 – Manicure	10:15 - Morning Fitness (A&C) 18 11:00 - Gentle Stretch (B) 12:00 - Meal Assist 1:1 2:00 - Happy Hour 3:00 – Bingo
10:15 - Balance Fitness (A&C) 19 11:00 – Word Games (B) 2:00 - Crossword Fun with Roger 3:00 – High Tea Social 3:30 – 1:1 Visit	10:15 – Flexibility Class (A&C) 20 11:00 - Charades (B) 1:30 – Beanbag Toss 2:30 – Tea Talk 3:30 - Spa-La-La	10:15 – Flexibility Class (A&C) 21 11:00 –Trivia (B) 1:30 – Word Games (B) 2:30 – Tea Talk 3:30 - Heart for Music	10:15 – Aerobic Class 22 (A&C) 11:00 - Aerobic Class (B) 1:45 – Pumpkin Decorating! 3:30 - Knot another Massage	10:15 – Chair Yoga 23 (A&C) 11:00 – News & Views (B) 2:00 - Crossword Fun with Roger 3:00 – Tea Talk 3:30 – Sensory Program	10:15 - Stretch & Bouncing Ball (A&C) 24 11:00 – Gentle Stretch (B) 2:00 – Social Tea 2:30 – Table Games 3:30 – Manicure	10:15 - Morning Fitness (A&C) 25 11:00 - Gentle Stretch (B) 12:00 - Meal Assist 1:1 2:00 - Happy Hour 3:00 – Bingo
10:15 - Balance Fitness (A&C) 26 11:00 – Word Games (B) 2:00 - Crossword Fun with Roger 3:00 – High Tea Social 3:30 – 1:1 Visit	10:15 – Flexibility Class (A&C) 27 11:00 - Charades (B) 1:30 – Parchuate Game 2:30 – Tea Talk 3:30 - Spa-La-La	10:15 – Flexibility Class (A&C) 28 11:00 –Trivia (B) 12:00 - Meal Assist 1:1 2:00 – Happy Hour with live Entertainment 3:30 - Heart for Music	10:15 – Aerobic Class 29 (A&C) 11:00 - Aerobic Class (B) 12:00 - Meal Assist 1:1 2:00 – Spooky Café Chez Nous	10:15 – Chair Yoga 30 (A&C) 11:00 – News & Views (B) 2:00 - Crossword Fun with Roger 3:00 – Tea Talk 3:30 – Sensory Program	10:30 - Halloween Intergenerational Trick or Treat Program 31 12:00 - Meal Assist 1:1 2:00 – Social Tea 2:30 – Halloween Trivia 3:30 – Manicure Halloween	

Programs are subject to change. Please refer to the activity whiteboard.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2025 2nd Floor Calendar			10:15 - Weighted Fitness (B) ¹ 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Creative Corner: Fascinator Making 3:00 – Sensory Stimulation Yom Kippur Begins	10:15 – Fun & Fitness (B) ² 11:00 - Fun & Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Creative Corner: Fascinator Making 3:00 – Helping Hands	10:15 - Morning Fitness 3 (B) ³ 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Soccer (B&C) 3:00 – Social Tea 3:30 – Drum Playing (A)	10:15 - Pool Noodle Fun 4 (B) ⁴ 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 - Bingo (B&C) 3:00 – Social Tea 3:30 – Sing Along
10:15 - Morning Fitness 5 (B) ⁵ 11:00 - Morning Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Active Games 3:00 – Social Tea 3:30 – Hymn Sing	10:15 – Balloon Toss (B) ⁶ 11:00 – Balloon Toss (A&C) 2:00 - Autumn Moon Social 3:00 – Table Games Sukkot Begins	10:15 - Morning Fitness 7 (B) ⁷ 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Bingo (B&C) 3:00 – Sing Along	10:15 - Weighted Fitness 8 (B) ⁸ 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Oktoberfest Celebration 3:30 – 1:1 visit	10:15 – Fun & Fitness (B) ⁹ 11:00 - Fun & Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Word Games 3:00 – Manicure	10:15 - Morning Fitness 10 (B) ¹⁰ 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Happy Hour with live Entertainment 3:30 – 1:1 visit	10:15 - Pool Noodle Fun 11 (B) ¹¹ 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 - Bingo (B&C) 3:00 – Social Tea 3:30 – Table Games
10:15 - Morning Fitness 12 (B) ¹² 11:00 - Morning Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Active Games 3:00 – Social Tea 3:30 – Hymn Sing	13¹³ 10:15 – Morning Fitness 2:00 – 1:1 visit Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	10:15 - Morning Fitness 14 (B) ¹⁴ 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Bingo (B&C) 3:00 – Table Games Simchat Torah Begins	10:15 - Weighted Fitness 15 (B) ¹⁵ 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Cooking Program 3:00 – 1:1 visit	10:15 – Fun & Fitness (B) ¹⁶ 11:00 - Fun & Fitness (A&C) 1:30 – Church Service 2:00 – Table Games 3:00 – Massage Therapy	10:15 - Morning Fitness 17 (B) ¹⁷ 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Diwali Celebration 3:30 – 1:1 visit	10:15 - Pool Noodle Fun 18 (B) ¹⁸ 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 - Bingo (B&C) 3:00 – Social Tea 3:30 – Spa Day
10:15 - Morning Fitness 19 (B) ¹⁹ 11:00 - Morning Fitness (A&C) 2:00 – Birthday Celebration with Entertainment 3:30 – Hymn Sing	20²⁰ 10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Social Tea 3:00 – Active Games	10:15 - Morning Fitness 21 (B) ²¹ 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Bingo (B&C) 3:00 – Poem Reading	10:15 - Weighted Fitness 22 (B) ²² 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Pumpkin Decoration 3:00 – 1:1 visit	10:15 – Fun & Fitness 23 (B) ²³ 11:00 - Fun & Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Halloween Trivia 3:00 – Massage Therapy	10:15 - Morning Fitness 24 (B) ²⁴ 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – High Tea Social 3:00 – Soccer (A)	10:15 - Pool Noodle Fun 25 (B) ²⁵ 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 - Bingo (B&C) 3:00 – Social Tea 3:30 – Sing Along
10:15 - Morning Fitness 26 (B) ²⁶ 11:00 - Morning Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Active Games 3:00 – Social Tea 3:30 – Hymn Sing	27²⁷ 10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Social Tea 3:00 – Active Games	10:15 - Morning Fitness 28 (B) ²⁸ 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Movie Afternoon 3:30 – 1:1 visit	10:15 - Weighted Fitness 29 (B) ²⁹ 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Café Chez Nous 3:00 – 1:1 visit	10:15 – Fun & Fitness 30 (B) ³⁰ 11:00 - Fun & Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Men’s group 3:00 – Massage Therapy	31³¹ 10:30 – Halloween Intergenerational Trick or Treat Program 2:00 – Halloween Costume Contest Halloween	

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2025 3rd Floor Calendar			10:15 - Golden Years 1 Yoga (B) 11:00 - Golden Years Yoga (A&C) 12:00 – Meal Assist 1:1 2:00 – Fascinator Making Craft Yom Kippur Begins	10:15 - Forever Young 2 Pilates (B) 11:00 - Forever Young Pilates (A&C) 12:00 – Meal Assist 1:1 2:00 – Sushi and Social 3:00 – Comedy Corner	10:15 - Morning Fitness 3 (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Table Games	10:15 - Morning Fitness 4 (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 - Active Game
10:15 – Dance Fitness 5 Fun (B) 11:00 – Dance Fitness & Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Banana Split Sunday 3:30 – Spa & Manicure	10:15 – Weighted 6 Fitness (B) 11:00 – Word Game 11:30 - Weighted Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Cooking Program 3:30 – Sing a Long Sukkot Begins	10:15 - Zumba (B) 7 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Thanksgiving Trivia	10:15 - Golden Years 8 Yoga (B) 11:00 - Golden Years Yoga (A&C) 12:00 – Meal Assist 1:1 2:00 – Oktoberfest Ball 3:30 – 1:1 Visit	10:15 - Forever Young 9 Pilates (B) 11:00 - Forever Young Pilates (A&C) 12:00 – Meal Assist 1:1 2:00 – Thanksgiving Tea 3:30 – Comedy Corner	10:15 - Morning Fitness 10 (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Word Games	10:15 - Morning Fitness 11 (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 - Thanksgiving Reminiscing
10:15 – Dance Fitness 12 Fun (B) 11:00 – Dance Fitness & Fun (A&C) 2:00 – Birthday Celebration with Entertainment 3:30 – 1:1 Visit	10:15 – Morning Fitness 13 2:00 – 1:1 visit Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	10:15 - Zumba (B) 14 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Word Games Simchat Torah Begins	10:15 - Golden Years 15 Yoga (B) 11:00 - Golden Years Yoga (A&C) 12:00 – Meal Assist 1:1 2:00 – Word Games 3:00 – Creative Corner	10:15 - Forever Young 16 Pilates (B) 11:00 - Forever Young Pilates (A&C) 12:00 – Meal Assist 1:1 1:30 – Church Service 2:00 – Baking Program 3:00 – Comedy Corner	10:15 - Morning Fitness 17 (B) 11:00 - Morning Fitness (A&C) 2:00 – Diwali Celebration 3:00 – 1:1 Visit	10:15 - Morning Fitness 18 (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 - Active Game
10:15 – Dance Fitness 19 Fun (B) 11:00 – Dance Fitness & Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Fall Button Art 3:30 – Spa & Manicure	10:15 – Weighted 20 Fitness (B) 11:00 – Word Game 11:30 - Weighted Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Social Tea 3:30 – Sing a Long	10:15 - Zumba (B) 21 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Word Games	10:15 - Golden Years 22 Yoga (B) 11:00 - Golden Years Yoga (A&C) 12:00 – Meal Assist 1:1 2:00 – Pumpkin Decorating 3:30 - 1:1 visit	10:15 - Forever Young 23 Pilates (B) 11:00 - Forever Young Pilates (A&C) 12:00 – Meal Assist 1:1 2:00 – Happy Hour with Live Entertainment 3:00 – 1:1 Visit	10:15 - Morning Fitness 24 (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Table Games	10:15 - Morning Fitness 25 (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 - Active Game
10:15 – Dance Fitness 26 Fun (B) 11:00 – Dance Fitness & Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Halloween Art 3:00 – Social Tea 3:30 – Spa & Manicure	10:15 – Weighted 27 Fitness (B) 11:00 – Word Game 11:30 - Weighted Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Social Tea 3:30 – Sing a Long	10:15 - Zumba (B) 28 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Word Games	10:15 - Golden Years 29 Yoga (B) 11:00 - Golden Years Yoga (A&C) 2:00 – Spooky Chez Nous Cafe 3:30 - 1:1 visit	10:15 - Forever Young 30 Pilates (B) 11:00 - Forever Young Pilates (A&C) 12:00 – Meal Assist 1:1 2:00 – Social Tea 3:00 – Comedy Corner	10:30 – Halloween Intergenerational Trick or Treat Program 2:00 – Halloween Costume Contest Halloween	10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 - Active Game

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