










1st Floor Calendar
October 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p>  <p>10:15 – Let's Get Movin' 11:00 – Household Chores</p> <p>1:00 – Afternoon Strolls 2:00 – Roaming Refreshment Cart *To each house* 3:00 – Sing A Long LR</p>	<p>2</p> <p>8:30 – Breakfast Club <i>Nelson</i> 10:15 – Mind & Body 11:00 – Reflection with Hymns <i>Great Room</i></p> <p>1:30 – Bistro Coffee Walk 2:45 – Thanksgiving Discussion 4:15 – At your leisure</p>	<p>3</p> <p>10:15 – Balloon Exercises 11:00 – Hymn Sing LR 1:00 – Afternoon Strolls 2:00 – Roaming Refreshment Cart *To each house* 3:00 – Word Games 4:00 – Spruce Grove Legion Outing</p>	<p>4</p> <p>9:45 – Household Chores 10:30 – EPL Library Club 11:00 – Interfaith Anglican Communion Service <i>Great Room</i> 1:15 – Walk A Bouts 2:45 – Pumpkin Pie Social LR 4:15 – Helping Hands</p>	<p>5</p> <p>9:30 – Fall Drive <i>*must sign up</i> 10:30 – Catholic Mass <i>Great Rm</i> 1pm – 3pm - Civic Election Voting *Please let staff know if you need assistance getting to the Great Room to vote!* 3:00 – Music with Daycare LR 4:15 – At your leisure</p>	<p>6</p> <p>8:30 – Breakfast Club <i>Columbia</i> 1:15 Thanksgiving Word Games</p>	<p>7</p>
<p>8</p> 	<p>9</p> <p>Thanksgiving Day</p> 	<p>10</p> <p>8:30 – Breakfast Club <i>Fraser</i> 10:15 – Mind & Body 11:00 – Reflection with Hymns <i>Great Room</i></p> <p>1:00 – 1:1 Visits 2:00 – Roaming Refreshment Cart *To each house* 3:00 – Duck Shoot</p>	<p>11</p> <p>10:15 – Balloon Exercises 11:00 – Hymn Sing LR</p> <p>2:30 – Junk Drawer Detective 3:45 – Songs with John 4:15 – At your leisure</p>	<p>12</p> <p>10:15 – Curling 11:30 – Bunny House Care</p> <p>1:30 – Bistro Coffee Walk 2:45 – Bowling <i>Great Room</i> 4:00 - Family Forum 1st floor Living Room 6:15 – All about Hibernating</p>	<p>13</p> <p>10:30 – Catholic Mass <i>Great Room</i> 11:00 – iPad Time <i>Fraser</i> 1:30 – Kipnes Choir Concert! <i>G. Rm</i> 2:00 – Roaming Refreshment Cart *To each house* 3:00 – Music with Daycare 6:15 – Pub Night with a special presentation from the Harley Davidson Group <i>Great Room</i></p>	<p>14</p> <p>8:30 – Breakfast Club <i>Thompson</i> 1:15 - Glories of Fall</p>
<p>15</p> 	<p>16</p> <p>10:00 – Let's Get Movin' 11:00 – Bunny House Care</p> <p>1:15 – Afternoon Strolls 2:00 – Roaming Refreshment Cart *To each house* 2:45 – Bingo! <i>Great Room</i></p>	<p>17</p> <p>8:30 – Breakfast Club <i>Nelson</i> 10:15 – Mind & Body 11:00 – Reflection with Hymns <i>Great Room</i></p> <p>1:15 – Remembrance Day Prep 2:45 – Jingo <i>Thompson</i> 4:15 – At your leisure</p>	<p>18</p> <p>10:15– Balloon Exercises 11:00 – Hymn Sing LR</p> <p>2:45 – Roaming Refreshment Cart *To each house* 3:45 – Songs with John 4:15 – At your leisure</p>	<p>19</p> <p>2:00 – Happy Hour with Gallowglass <i>Great Room</i> 6:15 – Reminiscing Discussion LR</p>	<p>20</p> <p>10:30 – Catholic Mass <i>Great Room</i> 11:30 – Bunny House Care</p> <p>1:00 – Kipnes Choir <i>Great Room</i> 2:00 – Curling 3:00 – Music with Daycare LR 4:30 – Kingsway Legion Outing</p>	<p>21</p> 
<p>22</p> 	<p>23</p> <p>10:00 – Let's Get Movin' 11:00 – Bunny House Care</p> <p>1:15 – Afternoon Strolls 2:45 – Exploring Canada <i>Great Room</i></p>	<p>24</p> <p>8:30 – Breakfast Club <i>Columbia</i> 10:15 – Mind & Body 11:00 – Reflection with Hymns <i>GR</i></p> <p>2:00 – Roaming Refreshment Cart *To each house* 3:00 – Bowling 4:15 – At your leisure</p>	<p>25</p> <p>10:15 – Balloon Exercises 11:00 – Hymn Sing LR</p> <p>2:30 – Bocce Ball 3:45 – Songs with John 4:15 – At your leisure</p>	<p>26</p> <p>10AM - 4pm – VENDOR FAIR <i>Great Room</i></p> <p>2:00 – Roaming Refreshment Cart *To each house* 4:15 – At your leisure</p>	<p>27</p> <p>10:30 – Catholic Mass <i>Great Room</i> 10:45 – Norwood Legion Outing</p> <p>2:00 - Musical Performance by members of the Ottawa National Arts Centre Orchestra <i>Great Room</i> 3:00 – Music with Daycare LR 4:00 – Curling</p>	<p>28</p> <p>6:30 – River City Big Band Concert Outing *must RSVP</p>
<p>29</p> 	<p>30</p> <p>10:00 – Let's Get Movin' 11:00 – Household Chores</p> <p>1:15 – Afternoon Strolls 2:00 – Roaming Refreshment Cart *To each house* 3:15 – Pumpkin Carving</p>	<p>31</p> <p>8:30 – Breakfast Club <i>Fraser</i> 10:15 – Daycare Trick or Treat! *in the Living Room* 11:00 – Reflection with Hymns <i>GR</i> 2:00 – <u>Birthday & Halloween Party</u> with "Golden Dreams Band" Sponsored by the Kingsway Legion Ladies' Auxiliary <i>Great Room</i></p>	<p>Influenza Immunization will occur early October. Exact date and further information to follow.</p> <p><i>Be sure to let recreation staff know if you want to attend an outing; sign up in advance!</i></p> <p>Calendar Subject to <u>last minute changes</u>. Please refer to the Whiteboard in the living room for the most up to date information! Recreation - 780-442-5734</p> 