

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>1</u> 1:00 pm Bingo	<u>2</u> 10:00 am Exercises 1:30 pm Floor Games	<u>3</u> 9:30 am Floor Exercises 10:00 am Exercises 1:00 pm Quilting 1:30 pm Scrabble/Colouring 1:30 pm Floor Games 5:00 pm Meal Program Parkinson's Canada Presentation 7:00 p.m.	<u>4</u> 10:00 am Exercises 5:00 pm Meal Program 7:00 pm Arthritis Support Chase the Chill 7:00 p.m.	<u>5</u> 9:30 am Floor Exercises 10:00 am Exercises 1:30 pm Sip & Stitch	<u>6</u> 1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night	<u>7</u>
<u>8</u> 1:00 pm Bingo	<u>9</u>  THANKSGIVING	<u>10</u> 9:30 am Floor Exercises 10:00 am Exercises 1:00 pm Quilting 1:30 pm Scrabble/Colouring 1:30 pm Floor Games 5:00 pm Meal Program	<u>11</u> 10:00 am Exercises 5:00 pm Meal Program	<u>12</u> 9:30 am Floor Exercises 10:00 am Exercises 1:30 pm Sip & Stitch	<u>13</u> 1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night	<u>14</u>
<u>15</u> 1:00 pm Bingo	<u>16</u> 10:00 am Exercises 1:30 pm Floor Games 7:00 pm Mood Disorder Support	<u>17</u> 9:30 am Floor Exercises 10:00 am Exercises 1:00 pm Quilting 1:30 pm Scrabble/Colouring 1:30 pm Floor Games 5:00 pm Meal Program	<u>18</u> 10:00 am Exercises Gordon Goldsborough author "Abandoned Manitoba" 2:00 p.m. Dinner & Movie at the centre "The Zookeeper's Wife" Dinner 5:00 Movie 6:15	<u>19</u> 9:30 am Floor Exercises 10:00 am Exercises 1:30 pm Sip & Stitch	<u>20</u> 1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night	<u>21</u>
<u>22</u> 1:00 pm Bingo	<u>23</u> 10:00 am Exercises 1:30 pm Floor Games	<u>24</u> 9:30 am Floor Exercises 10:00 am Exercises 1:00 pm Quilting 1:30 pm Scrabble/Colouring 1:30 pm Floor Games 5:00 pm Meal Program	<u>25</u> 5:00 pm Meal Program Chase the Chill 7:00 p.m.	<u>26</u> 9:30 am Floor Exercises 10:00 am Exercises 1:30 pm Sip & Stitch	<u>27</u> 1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night	<u>28</u>
<u>29</u> 1:00 pm Bingo	<u>30</u> 10:00 am Exercises Halloween Dance 1:30—4:00p.m.	<u>31</u> 9:30 am Floor Exercises 10:00 am Exercises 1:00 pm Quilting 1:30 pm Scrabble/Colouring 1:30 pm Floor Games 5:00 pm Meal Program				