

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# October 2020 Rundle East

What's Up in Recreation?  
Calendar & Newsletter  
Review (MI)  
  
**10:00 Rolling Tuck Shop  
(MI)**

9:45 All ABOARD!  
Canadian Express Travel  
(A)  
10:00 Full Body Exercise  
Atrium (G)  
**1:30 Walking Club**

Sukkot Begins

10:00 National Geographic  
Docuseries *Olympics*  
*National Park Atrium* (MI,  
A)

**4**  
10:00 Rundle Coffee Social  
(A, MA)

**5**  
9:45 Good News & Views  
(S)

**6**  
9:45 Board Game: Scrabble  
(A)  
  
6:30 Ice Cream Cart (MI,  
R)

**7**  
10:00 Full Body Exercise  
Atrium (G)



**8**  
**2:00 Rolling Tuck Shop  
(MI)**  
2:30 Concert Series: Elton  
John Atrium (ME, MS)  
  
6:30 Thanksgiving  
Celebration in Canada (MI)

**9**  
**Red Day!**  
*Wear red to support the  
Alzheimer's 1 km Walk*  
  
3:00 IG Wealth  
Walk for a Cause!  
Management Alzheimer  
Walk & Run Atrium

**10**  
10:00 National Geographic  
Docuseries *Yosemite*  
*National Park Atrium* (MA,  
S)

Simchat Torah Begins

**11**  
**Did You Know?**  
Thanksgiving is a statutory  
holiday in Canada, except  
in PEI, Newfoundland and  
Labrador, New Brunswick  
and Nova Scotia.

**12**  
**Happy Thanksgiving**  
  
**There will be no recreation  
programs today**  
Columbus Day (US)  
Thanksgiving Day (Canada)

**13**  
6:30 BOO! Double 'O'  
Word Game (R)

**14**  
10:00 Move & Groove  
Atrium (ME)

**15**  
**10:00 Rolling Tuck Shop  
(A)**  
  
10:45 Sharp Shooters (MA,  
MI)

**16**  
10:00 Full Body Exercise  
Atrium (G)  
  
**1:30 Walking Club**  
  
3:00 Fun Bingo! (A, MI)

**17**  
2:30 Rundle Baking Club  
(R, MI) *Maximum of 6  
residents*

**18**  
*" Notice that autumn is  
more the season of the soul  
than of nature"*  
  
- *Freidrich Nietzsche*

**19**  
**Did You Know?**  
Trick-or-treating has existed  
since medieval times.  
It was known as "guising" in  
Scotland and Ireland.  
Young people dressed up in  
costumes and asked for food or  
money in *exchange for songs,  
poems, or other "tricks."*

**20**  
9:45 Owl Trivia (A)  
  
6:30 Reminiscing Social:  
Walk in the woods (MA, R)

**21**  
10:00 Full Body Exercise  
Atrium (G)  
  
3:00 SkyPointe Bowling  
League *Rundle West VS.  
East* (MA, A, S, R)

**22**  
**10:00 Rolling Tuck Shop  
(MI)**  
2:30 Concert Series: Grand  
Ole Opry Atrium (ME, AR)  
  
6:30 Boo-tiful Door Décor  
(MA, R)

**23**  
10:00 Move & Groove  
Atrium (ME)  
  
**1:30 Walking Club**

**24**  
**October Trivia  
Answers**  
**1.** Nile  
**2.** Post Script  
**3.** India  
**4.** Tin Man  
**5.** Jack-o-Lantern  
*How did you do?*

**25**  
2:00 Rundle Movie  
Matinee: *Ghostbusters*  
(MO, A, AR) *Pegasus  
Theater*

**26**  
3:00 Armchair Travel to  
Germany (A)

**27**  
6:30 Life's Blessings (R)  
  
**11:30 In-House Lunch  
Swiss Chalet (\$) Atrium**  
*12 resident maximum. Sign  
up with recreation*

**28**  
10:00 Move & Groove  
Atrium (ME)



**29**  
**10:00 Rolling Tuck Shop  
(AR)**  
10:45 Magazine Scavenger  
Hunt (A)  
2:30 Atrium Movie Feature:  
Hocus Pocus

**30**  
**Halloween  
Costume Day**  
*Wear a Halloween Costume*  
10:00 Full Body Exercise  
Atrium (G)  
2:00 Reverse Trick or  
Treating & Monster Mash  
Parade

**31**  
**Happy Halloween!**  
10:45 Halloween Craft (A)  
2:00 Atrium Movie Feature:  
*Hotel Transylvania* (MA,  
A)

Halloween