

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2020

Whitehorn West

October Trivia Answers 1 Nile 2 Post Script 3 India 4 Tin Man 5 Jack-o-Lantern

How did you do?

<p>10:00 Coffee Club (AP, AR) 4</p> <p>1:30 Apples to Apples (AR, AP)</p> <p>3:00 October Trivia (AP) <i>All Smokers will be required to Smoke at Designated Smoke Shelter located in Visitor Parking Moving Forward on October 5th</i></p>	<p>10:30 Top of the Morning Group 5 <i>Flex Room</i></p> <p>1:30 Pickle n' Penguin (MS)</p> <p>2:00 Stronger Than Yesterday Exercise Group <i>Fitness Studio (MD)</i></p> <p>3:00 Finger Painting (MO)</p> <p>6:30 Turkey Hands (M)</p>	<p>9:45 Name Game (AR) 6</p> <p>10:00 Move and Groove <i>Fitness Studio (MS)</i></p> <p>10:45 Art Journal (MO)</p> <p>3:00 Ring Toss (MO, AR)</p>	<p>10:30 Top of the Morning Group 7 <i>Flex Room</i></p> <p>1:30 Rolling Tuck Shop (M)</p> <p>2:15 Whitehorn Movie Club <i>Pegasus Theater (MS, AP, M)</i></p> <p>6:30 Movie Club Review (AP, M)</p>	<p>9:45 What's Up In Recreation? Calendar & Newsletter Review (MS) 1</p> <p>10:45 Word Mining – Cranberry Sauce (MS)</p> <p>3:00 Atrium Games (AR, MO, M)</p> <p>6:30 Meditation & Thai Chi (M)</p>	<p>10:30 Top of the Morning Group 2</p> <p>1:30 Bible Study <i>Flex Room (MS)</i></p> <p>2:00 Circuit Exercise <i>Fitness Studio (M)</i></p> <p>3:00 Spelling Bee (MO, AP)</p> <p>6:30 Paint Nite! (M, AP)</p> <p>Sukkot Begins</p>	<p>9:45 Ping Pong (AP) 3</p> <p>10:45 Saturday Stretch <i>Fitness Studio (AP, AR)</i></p> <p>1:30 Snakes & Ladders (AR)</p> <p>3:00 HOOTS Bingo (AP, AR)</p>
<p>10:00 Coffee Club (AP, AR) 4</p> <p>1:30 Apples to Apples (AR, AP)</p> <p>3:00 October Trivia (AP) <i>All Smokers will be required to Smoke at Designated Smoke Shelter located in Visitor Parking Moving Forward on October 5th</i></p>	<p>10:30 Top of the Morning Group 5 <i>Flex Room</i></p> <p>1:30 Pickle n' Penguin (MS)</p> <p>2:00 Stronger Than Yesterday Exercise Group <i>Fitness Studio (MD)</i></p> <p>3:00 Finger Painting (MO)</p> <p>6:30 Turkey Hands (M)</p>	<p>9:45 Name Game (AR) 6</p> <p>10:00 Move and Groove <i>Fitness Studio (MS)</i></p> <p>10:45 Art Journal (MO)</p> <p>3:00 Ring Toss (MO, AR)</p>	<p>10:30 Top of the Morning Group 7 <i>Flex Room</i></p> <p>1:30 Rolling Tuck Shop (M)</p> <p>2:15 Whitehorn Movie Club <i>Pegasus Theater (MS, AP, M)</i></p> <p>6:30 Movie Club Review (AP, M)</p>	<p>9:45 A-MAZE-ing (MS) 8</p> <p>10:45 Thanksgiving Word Game (MS)</p> <p>2:30 Concert Series: Elton John <i>Atrium (ME, MS)</i></p> <p>3:00 Throwback Thursday (MO)</p> <p>6:30 Meditation & Thai Chi (M, AR)</p>	<p>Red Day! <i>Wear red to support the Alzheimer's 1 km Walk</i></p> <p>10:30 Top of the Morning Group 9 <i>Flex Room</i></p> <p>1:30 Bible Study <i>Flex Room (MS)</i></p> <p>2:00 IG Wealth Management Alzheimer Walk & Run <i>Atrium</i></p> <p>6:30 Crossword Puzzles (AR)</p>	<p>9:45 Morning Meditation (M) 10</p> <p>10:45 Chicken Soup For the Soul (M)</p> <p>1:30 Scrabble (MO)</p> <p>3:00 A Canadian Thanksgiving (MO, AR)</p> <p>Simchat Torah Begins</p>
<p>10:00 Coffee Club & Gratitude Leaves (M, AR, MO) 11</p> <p>1:30 Turkey Hands (AR)</p> <p>3:00 Ice Cream SUNDAYs! (AR, MO)</p>	<p>Happy Thanksgiving 12</p>  <p>There will be no recreation programs today</p> <p>Columbus Day (US) Thanksgiving Day (Canada)</p>	<p>9:45 Pumpkin Painting (AR) 13</p> <p>10:00 Tai Chi <i>Fitness Studio (MS)</i></p> <p>2:00 Rick Kelly Outdoor Music Entertainment <i>Sunroom Dress Warm</i></p> <p>3:45 Balloon Animals (AP, M)</p> <p>6:30 Life's Blessings (M)</p>	<p>10:30 Top of the Morning Group 14 <i>Flex Room</i></p> <p>2:30 Rolling Tuck Shop (MS)</p> <p>3:00 Functional Art (M)</p> <p>6:30 Meditation & Mindfulness (M)</p>	<p>10:45 Categories (AR) 15</p> <p>1:30 Connect the Dots (MO)</p> <p>3:00 Card Bingo (AR)</p>	<p>10:30 Top of the Morning Group 16 <i>Flex Room</i></p> <p>1:30 Bible Study <i>Flex Room (MS)</i></p> <p>2:00 Circuit Exercise <i>Fitness Studio (M)</i></p> <p>3:00 Men's Group (MS, AP)</p> <p>6:30 Connect 4! (AP)</p>	<p>10:45 Saturday Stretch <i>Fitness Studio (M, MS)</i> 17</p> <p>1:30 Magic For Beginners (MS)</p> <p>3:00 Nature Netflix <i>Pegasus Theatre (M, AR)</i></p>
<p>10:00 Coffee Club (MS, M) 18</p> <p>2:00 Whitehorn Movie Matinee: <i>Jaws (M, MS, MI)</i></p>	<p>10:30 Top of the Morning Group 19 <i>Flex Room</i></p> <p>2:00 Stronger Than Yesterday Exercise Group <i>Fitness Studio (MD)</i></p> <p>3:30 Shootin' Hoops (MS)</p> <p>3:00 Baking! <i>Family Dining Room (AP, MO)</i></p>	<p>10:00 Move and Groove <i>Fitness Studio (MS)</i> 20</p> <p>10:45 Art Journal (MO)</p> <p>3:00 Halloween Costume Making (MO, M)</p> <p>6:30 Life's Blessings (M, AR)</p>	<p>10:30 Top of the Morning Group 21 <i>Flex Room</i></p> <p>2:30 Rolling Tuck Shop (M)</p> <p>3:30 Foosball (M)</p>	<p>9:45 Crib Club (MS) 22</p> <p>10:45 Rebus Puzzles (MS)</p> <p>2:30 Concert Series: Grand Ole Opry <i>Atrium (ME, AR)</i></p> <p>3:00 Throwback Thursday (M)</p> <p>6:30 Connect the Dots (M)</p>	<p>10:30 Top of the Morning Group 23 <i>Flex Room</i></p> <p>1:30 Bible Study <i>Flex Room (MS)</i></p> <p>2:00 Circuit Exercise <i>Fitness Studio (M)</i></p> <p>3:00 Creative Writing (MO)</p>	<p>9:45 Saturday Morning Cartoons <i>Pegasus Theatre (MO, MS)</i> 24</p> <p>1:30 Skipbo (MS)</p> <p>2:00 S'Mores (AP, MO, MS)</p>
<p>10:00 Coffee Club (MO, AP, AR) 25</p> <p>3:00 Horror History (MS)</p>	<p>10:30 Top of the Morning Group 26 <i>Flex Room</i></p> <p>2:00 Stronger Than Yesterday Exercise Group <i>Fitness Studio (MD)</i></p> <p>3:00 Slime Making (M, AP)</p>	<p>9:45 BOO! Double O (MO) 27</p> <p>10:00 Tai Chi <i>Fitness Studio (MS)</i></p> <p>10:45 Art Journal (MO, AP)</p> <p>3:00 Monster Bingo (MO, AP, AR)</p> <p>6:30 Life's Blessings (M)</p>	<p>10:30 Top of the Morning Group 28 <i>Flex Room</i></p> <p>2:30 Rolling Tuck Shop (MS)</p> <p>3:00 Functional Art: Mending with Monique (MO)</p> <p>6:30 Meditation & Yoga (M)</p>	<p>9:45 Yahtzee! (MS) 29</p> <p>10:45 Riddle Me This (MS)</p> <p>2:00 Halloween Party! (M, MO, MS, AR)</p> <p>3:00 Haunted Calgary: Creeping it Real (MS)</p>	<p>Costume Day 30 <i>Wear a Halloween Costume</i></p> <p>10:30 Top of the Morning Group 30 <i>Flex Room</i></p> <p>2:30 Reverse Trick-or-Treating and the Monster Mash Parade</p> <p>6:30 CrAZy 8's (AR)</p>	<p>Happy Halloween! 31</p> <p>10:45 Saturday Stretch <i>Fitness Studio (AP)</i></p> <p>3:00 Guess Who (AP)</p> <p>Halloween</p>