

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday



Daylight Saving Time Ends

1 9:30 Chair Exercise 10:45 Let's Stroll 1:30 Halloween Take Down 2:45 Friendship Visits	2 9:30 Sit & Stretch 10:45 Window Painting 1:30 Bingo 2:45 Shut the Box	3 9:30 Music & Movement 1:30 Expressive Art – Remembrance Day 2:45 Coffee & Chat	4 9:30 Simply Stretch 10:45 Brain Games 1:30 War Time Music 2:45 Armchair Travel – Remembrance Day	5 9:30 Chair Exercise 10:45 Stories for the Soul 1:30 Spiritual Hour 2:45 Cranium Crunches	6 9:30 Chair Exercise 10:45 Stories for the Soul 1:30 Spiritual Hour 2:45 Cranium Crunches	7
8 9:30 Chair Exercise 10:45 Remembrance Day Trivia 1:30 Giant Scrabble 2:45 Junk Drawer Detective	9 <b>Remembrance Day Readings -Breakfast</b> 9:30 Sit & Stretch 10:45 Brain Games 1:30 Bowling 2:45 Word Games	10  Veterans Day Remembrance Day (Canada)	11 9:30 Simply Stretch <b>1:00 – 4:00 Recreation Team Meeting</b>	12 9:30 Simply Stretch 10:45 Chair Exercise 2:45 Story Telling	13 10:45 Chair Exercise 2:45 Story Telling	14
15 9:30 Chair Exercise 1:30 Hooks & Needles	16 9:30 Sit & Stretch 1:30 Bingo	17 9:30 Music & Movement 1:30 Expressive Art – Sunset Painting <b>1:30 Resident &amp; Family Council Meeting In Education Room</b> 2:45 Let's Stroll	18 9:30 Simply Stretch 2:45 Friendship Visits	19 9:30 Chair Exercise 2:45 Spiritual Hour	20 9:30 Chair Exercise 2:45 Spiritual Hour	21
22 9:30 Chair Exercise 10:45 Humour Me 1:30 Giant Scrabble 2:45 Friendship Visits	23 9:30 Sit & Stretch 10:45 Name 5 - Reminisce 1:30 Movie Matinee	24 9:30 Music & Movement 1:30 Sweet Potatoes Social	25 9:30 Simply Stretch 10:45 Brain Games 1:30 Expressive Art - Christmas 2:45 Let's Stoll <small>Thanksgiving Day (US)</small>	26 9:30 Chair Exercise 10:45 Spiritual Hour 1:30 Music Appreciation – Vinyl Records/Turntable 2:45 Hot Chocolate Social	27 9:30 Chair Exercise 10:45 Spiritual Hour 1:30 Music Appreciation – Vinyl Records/Turntable 2:45 Hot Chocolate Social	28
29 9:30 Chair Exercise 1:30 Calendar Distribution	30	