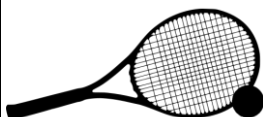
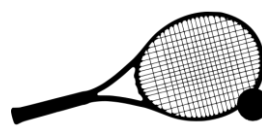
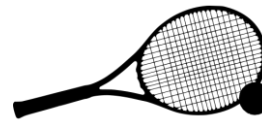


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2026 Rose				1 10:00 chapel 11:00 Lunch outing to Coquitlam Grill 2:00 Dance with Vero 2:30 Daily Chronicles 3:00 Word Games	2 9:45 Balloon Toss 10:30 Sing-A-Long 2:00 Bingo 	3 10:00 Chair Yoga 10:30 Balloon Toss 11:00 Trivia  Simchat Torah Begins
4 	5 10:00Spiritual Reflections 2:00 Racketball 	6 10:00 Ball Toss 10:30 Dace w/ Vero 11:00 Mental Aerobics 2:00 Bingo 	7 10:00 Bowling  11:00 Sing-a-Long 11:00 Catholic mass	8 10:00 chapel 10:00 Manicures 11:00 Racketball  2:00 Dance with Vero 2:30 Daily Chronicles 3:00 Word Games	9 9:45 Music & Movement 10:30 Trivia 2:00 Bingo 	10 10:00 Chair Yoga 10:30 Balloon Toss 11:00 Trivia 
11 2:30 Songsters Choir 	12  Thanksgiving Day (Canada)	13 10:00 Ball Toss 10:30 Dace w/ Vero 11:00 Mental Aerobics 2:00 Bingo 	14 10:00 Bowling  11:00 Sing-a-Long	15 8:00 Men's breakfast 10:00 chapel  2:00 Dance with Vero 2:30 Daily Chronicles 3:00 Word Games	16 9:45 Bean Bag Toss 10:30 Sing-A-Long 2:00 Bingo 	17 10:00 Chair Yoga 10:30 Balloon Toss 11:00 Trivia 
18 	19 10:00Spiritual Reflections 2:00 Racketball 	20 10:00 Ball Toss 10:30 Dace w/ Vero 11:00 Mental Aerobics 2:00 Bingo 	21 10:00 Bowling  11:00 Sing-a-Long 11:00 Communion	22 10:00 chapel 10:00 Manicures 12:00 KFC Lunch  2:00 Dance with Vero 2:30 Daily Chronicles 3:00 Word Games	23 9:45 Balloon Toss 10:00 Resident Council Meeting-MPR 10:30 Trivia 2:00 Bingo 	24 10:30 Music with Pete (Rose) 
25  On Nov 1	26 10:00Spiritual Reflections 2:00 Racketball 	27 10:00 Ball Toss 10:30 Dace w/ Vero 11:00 Mental Aerobics 2:00 Bingo 	28 10:00 Bowling  11:00 Sing-a-Long	29 10:00 chapel 10:00 Manicures 11:00 Racketball  2:00 Social Hour 5:30 Music with Alastair	30 9:45 Balloon Toss 10:30 Sing-A-Long 2:00 Bingo 	31 10:00 Chair Yoga 10:30 Balloon Toss 11:00 Trivia  Halloween