

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2026 Willow				1 9:45 Active Games 10:30 Exercise 11:00 chapel 11:00 Lunch Outing to Coquitlam Grill 2:45 Bowling 3:30 Friendly Visits 	2 10:00 Chair Yoga 10:30 Balloon Toss 11:00 Trivia 2:00 Bingo 	3 1:45 Balloon Toss 2:30 Crafting  Simchat Torah Begins
4 	5 11:00Spiritual Reflections 3:00 Racketball 	6 10:00 Racketball 10:30 Manicures 2:00 Bingo 	7 10:00 Christmas Craft 11:00 Catholic mass 2:00 Word Game 3:00 Mental Aerobics 	8 9:45 Balloon Toss 10:30 Music & Movement 11:00 chapel 1:45 Rolls & Strolls 2:45 Bowling 3:30 Friendly Visits 	9 10:00 Chair Yoga 10:30 Balloon Toss 11:00 Trivia 2:00 Bingo 	10 1:45 Balloon Toss 2: 30 Crafting 
11  2:30 Songsters Choir	12  Indigenous Peoples' Day	13 10:00 Racketball 10:30 Manicures 2:00 Bingo 	14 10:00 Dice Game 11:00 Horse Racing 2:00 Word Game 3:00 Music with Greg 	15 8:00 Breakfast Club 11:00 chapel 1:45 Rolls & Strolls 2:45 Bowling 3:30 Friendly Visits	16 10:00 Chair Yoga 10:30 Balloon Toss 11:00 Trivia 2:00 Bingo 	17 1:45 Balloon Toss 2:30 Crafting 
18 	19 11:00Spiritual Reflections 3:00 Racketball 	20 10:00 Racketball 10:30 Manicures 2:00 Bingo 	21 10:00 Dice Game 11:00 Fall Trivia 11:00 Communion 2:00 Word Game 3:00 Mental Aerobics 	22 9:45 Bean Bag Toss 10:30 Chair Yoga 11:00 chapel 12:00 KFC Lunch 3:00 Music with Steve Marriott 	23 10:00 Resident Council Meeting-MPR 2:00 Bingo 	24 1:45 Balloon Toss 2:30 Crafting 
25 FALL BACK  On Nov 1	26 11:00Spiritual Reflections 3:00 Racketball 	27 10:00 Racketball 10:30 Manicures 2:00 Bingo 	28 10:00 Dice Game 11:00 Horse Racing 2:00 Word Game 3:00 Mental Aerobics 	29 9:45 Sing-a-Long 11:00 chapel 1:45 Rolls & Strolls 2:45 Bowling 3:30 Friendly Visits	30 10:00 Chair Yoga 10:30 Balloon Toss 11:00 Trivia 2:00 Bingo 	31 1:45 Balloon Toss 2:30 Crafting  Halloween