



| Sunday                                                                                                                                                   | Monday                                                                                                                                                                                                                                                         | Tuesday                                                                                                                                                                                                                                                                                                                                             | Wednesday                                                                                                                                                                                                                                                              | Thursday                                                                                                                                                                                                                                                                                              | Friday                                                                                                                                                                                                                                                                                                            | Saturday                                                                                                                                                                                        |
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| <div>October</div> <div>2026</div>                                                                                                                       |                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                     | <div>Legends:</div> <div>ML: Multiple Purpose Room</div> <div>AR: Activity Room</div> <div>CA: Common Area</div> <div>CH: Chapel Room</div> <div>TH: Theater</div> <div>DN: Dining Room</div> <div>PT: Patio</div> <div>CS: Coffee station</div>                       | <div>1</div> <div>9 am Balance Exercise (ML)</div> <div>9:45 am Physio Fit (ML)</div> <div>10:45 am Sing Along w/ Bry &amp; Ries (ML)</div> <div>2 pm Drum Fit (ML)</div> <div>3 pm International coffee social (CA)</div> <div>4 pm Resident Trivia (ML)</div>                                       | <div>2</div> <div>9 am Balance Exercise (ML)</div> <div>9:45 am Physio Fit (ML)</div> <div>10:30 am Fit Minds (AR)</div> <div>11 am Therapy Dog (CA)</div> <div>2 pm Karaoke with Brant</div> <div>3 pm Tea Social (CA)</div> <div>4 pm Resident Trivia (ML)</div>                                                | <div>3</div> <div>9 am Balance Exercise (ML)</div> <div>9:45 am Physio Fit (ML)</div> <div>2 pm Resident Bingo (ML)</div> <div>3 pm Tea Social (CA)</div> <div>4 pm Resident Trivia (ML)</div>  |
| <div>4</div> <div>2 pm Resident Bingo (ML)</div> <div>3 pm Tea Social (CA)</div> <div>4 pm Resident Trivia (ML)</div> <div>Rogers, Jean's Birthday</div> | <div>5</div> <div>9 am Balance Exercise (ML)</div> <div>9:45 am Physio Fit (ML)</div> <div>10:30 am Knitting Club (ML)</div> <div>11 am Church Service W/ Rev. David (CH)</div> <div>1:45 pm Bus Trip (Rama Gaming Club)</div> <div>7pm Euchre Club (CS)</div> | <div>6</div> <div>9 am Balance Exercise (ML)</div> <div>9:45 am Physio Fit (ML)</div> <div>10:45 am Tai-chi / Qi Gong (ML)</div> <div>2 pm Sing Along w/ Patrick (ML)</div> <div>3 pm Tea Social (CA)</div> <div>4 pm Resident Trivia (ML)</div> <div>7 pm Movie Night with Snacks (A league of their own)</div>                                    | <div>7</div> <div>9 am Balance Exercise (ML)</div> <div>9:45 am Physio Fit (ML)</div> <div>10:45 am Tai-chi / Qi Gong (ML)</div> <div>2 pm Bingo (ML)</div> <div>3 pm Tea Social (CA)</div> <div>4 pm Resident Trivia (ML)</div> <div>Hairdresser Visit (Salon)</div>  | <div>8</div> <div>9 am Balance Exercise (ML)</div> <div>9:45 am Physio Fit (ML)</div> <div>10:45 am Sing Along w/ Bry &amp; Ries (ML)</div> <div>2 pm Drum Fit (ML)</div> <div>3 pm Tea Social (CA)</div> <div>4 pm Resident Trivia (ML)</div>                                                        | <div>9</div> <div>9 am Balance Exercise (ML)</div> <div>9:45 am Physio Fit (ML)</div> <div>10:30 am Fit Minds (AR)</div> <div>11 am Therapy Dog (CA)</div> <div>2 pm Volunteer Appreciation Social</div> <div>3 pm Tea Social (CA)</div> <div>4 pm Resident Trivia (ML)</div> <div>Foot Care Clinic (Salon)</div> | <div>10</div> <div>9 am Balance Exercise (ML)</div> <div>9:45 am Physio Fit (ML)</div> <div>2 pm Resident Bingo (ML)</div> <div>3 pm Tea Social (CA)</div> <div>4 pm Resident Trivia (ML)</div> |
| <div>11</div> <div>2 pm Resident Bingo (ML)</div> <div>3 pm Tea Social (CA)</div> <div>4 pm Resident Trivia (ML)</div>                                   | <div>12</div> <div>9 am Balance Exercise (ML)</div> <div>9:45 am Physio Fit (ML)</div> <div>10:30 am Knitting Club (ML)</div> <div>11 am Church Service W/ Rev. David (CH)</div> <div>7pm Euchre Club (CS)</div>                                               | <div>13</div> <div>9 am Balance Exercise (ML)</div> <div>9:45 am Physio Fit (ML)</div> <div>10:45 am Tai-chi / Qi Gong (ML)</div> <div>11:00 am Anglican Church (CH)</div> <div>2 pm Sing Along w/ Patrick (ML)</div> <div>3 pm Tea Social (CA)</div> <div>4 pm Resident Trivia (ML)</div> <div>7 pm Movie Night with Snacks (Going in style)</div> | <div>14</div> <div>9 am Balance Exercise (ML)</div> <div>9:45 am Physio Fit (ML)</div> <div>10:45 am Tai-chi / Qi Gong (ML)</div> <div>2 pm Bingo (ML)</div> <div>3 pm Tea Social (CA)</div> <div>4 pm Resident Trivia (ML)</div> <div>Hairdresser Visit (Salon)</div> | <div>15</div> <div>9 am Balance Exercise (ML)</div> <div>9:45 am Physio Fit (ML)</div> <div>10:45 am Sing Along w/ Bry &amp; Ries (ML)</div> <div>1:50 pm Drum Fit (ML)</div> <div>2:30 pm Talk with Toronto public health</div> <div>3 pm Tea Social (CA)</div> <div>4 pm Resident Trivia (ML)</div> | <div>16</div> <div>9 am Balance Exercise (ML)</div> <div>9:45 am Physio Fit (ML)</div> <div>10:30 am Fit Minds (AR)</div> <div>11 am Therapy Dog (CA)</div> <div>2:30 pm Sweet Apple Treats &amp; Country Tunes Entertainment</div> <div>3 pm Tea Social (CA)</div> <div>4 pm Resident Trivia (ML)</div>          | <div>1</div> <div>9 am Balance Exercise (ML)</div> <div>9:45 am Physio Fit (ML)</div> <div>2 pm Resident Bingo (ML)</div> <div>3 pm Tea Social (CA)</div> <div>4 pm Resident Trivia (ML)</div>  |

| Sunday                                                                                                                           | Monday                                                                                                                                                                                                                                                                 | Tuesday                                                                                                                                                                                                                                                                                                                                                     | Wednesday                                                                                                                                                                                                               | Thursday                                                                                                                                                                                                                   | Friday                                                                                                                                                                                                                              | Saturday                                                                                                                                                                                   |
|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>18</p> <p>2 pm Resident Bingo (ML)<br/>3 pm Tea Social (CA)<br/>4 pm Resident Trivia (ML)</p> <p>Kaskens, Anne's Birthday</p> | <p>19</p> <p>9 am Balance Exercise (ML)<br/>9:45 am Physio Fit (ML)<br/>10:30 am Knitting Club (ML)<br/>11 am Church Service W/ Rev. David (CH)<br/>1:45 pm Bus trip (Walmart)<br/>7pm Euchre Club (CS)</p>                                                            | <p>20</p> <p>9 am Balance Exercise (ML)<br/>9:45 am Physio Fit (ML)<br/>10:45 am Tai-chi / Qi Gong (ML)<br/>2 pm Sing Along w/ Patrick (ML)<br/>3:00 pm Resident Meeting with Recreation manager (ML)<br/>3 pm Tea Social (CA)<br/>4 pm Resident Trivia (ML)<br/>7 pm Movie Night with Snacks ( Fargo)</p> <p>Farr, Gloria &amp; Jones, Joan's Birthday</p> | <p>21</p> <p>9 am Balance Exercise (ML)<br/>9:45 am Physio Fit (ML)<br/>10:45 am Tai-chi / Qi Gong (ML)<br/>2 pm Bingo (ML)<br/>3 pm Tea Social (CA)<br/>4 pm Resident Trivia (ML)</p> <p>Hairdresser Visit (Salon)</p> | <p>22</p> <p>9 am Balance Exercise (ML)<br/>9:45 am Physio Fit (ML)<br/>10:45 am Sing Along w/ Bry &amp; Ries (ML)<br/>2 pm Drum Fit (ML)<br/>3 pm Tea Social (CA)<br/>4 pm Resident Trivia (ML)</p>                       | <p>23</p> <p>9 am Balance Exercise (ML)<br/>9:45 am Physio Fit (ML)<br/>10:30 am Fit Minds (AR)<br/>11 am Therapy Dog (CA)<br/>2:00pm Pumpkin Carving<br/>3 pm Tea Social (CA)<br/>4 pm Resident Trivia (ML)</p>                    | <p>24</p> <p>9 am Balance Exercise (ML)<br/>9:45 am Physio Fit (ML)<br/>10:30am Pumpkin Decorating<br/>2 pm Resident Bingo (ML)<br/>3 pm Tea Social (CA)<br/>4 pm Resident Trivia (ML)</p> |
| <p>25</p> <p>2 pm Resident Bingo (ML)<br/>3 pm Tea Social (CA)<br/>4 pm Resident Trivia (ML)</p>                                 | <p>26</p> <p>9 am Balance Exercise (ML)<br/>9:45 am Physio Fit (ML)<br/>10:30 am Knitting Club (ML)<br/>11 am Church Service W/ Rev. David (CH)<br/>1:45 pm Bus trip (Rosetta Garden)<br/>7pm Euchre Club (CS)</p> <p>10 am – 8 pm Toronto Municipal Election (AR)</p> | <p>27</p> <p>9 am Balance Exercise (ML)<br/>9:45 am Physio Fit (ML)<br/>10:45 am Tai-chi / Qi Gong (ML)<br/>2 pm Sing Along w/ Patrick (ML)<br/>3 pm Tea Social (CA)<br/>4 pm Resident Trivia (ML)<br/>7 pm Movie Night with Snacks (9 TO 5)</p>                                                                                                            | <p>28</p> <p>9 am Balance Exercise (ML)<br/>9:45 am Physio Fit (ML)<br/>10:45 am Tai-chi / Qi Gong (ML)<br/>2 pm Bingo (ML)<br/>3 pm Tea Social (CA)<br/>4 pm Resident Trivia (ML)</p> <p>Hairdresser Visit (Salon)</p> | <p>29</p> <p>9 am Balance Exercise (ML)<br/>9:45 am Physio Fit (ML)<br/>2:30 pm Halloween-themed Elvis party with Tony (DN)<br/>3 pm Tea Social (CA)<br/>4 pm Resident Trivia (ML)</p> <p>Hutchison, Marion's Birthday</p> | <p>30</p> <p>9 am Balance Exercise (ML)<br/>9:45 am Physio Fit (ML)<br/>10:30 am Fit Minds (AR)<br/>11 am Therapy Dog (CA)<br/>3 pm Pumpkin Spice muffin baking workshop<br/>3 pm Tea Social (CA)<br/>4 pm Resident Trivia (ML)</p> | <p>31</p> <p>9 am Balance Exercise (ML)<br/>9:45 am Physio Fit (ML)<br/>2 pm Resident Bingo (ML)<br/>3 pm Tea Social (CA)<br/>4 pm Resident Trivia (ML)</p>                                |