


OCTOBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>9:30 AM: Tai Chi (Fitness Rm) 10:00 AM: Catholic Mass (Chapel) 10:30 AM: Wii Bowling (Media Rm) 2:30 PM: Bingo (Sth Act Rm) 7:00 PM: Concert (Media Rm)</p>	<p>2</p> <p>9:30 AM: Sit and Fit (Fitness Room) 7:00 PM: Movie (Media Rm)</p>	<p>3</p> <p>9:30 AM: Get up and go (Fitness Rm) 10:30 AM: Scenic Drive - Burnaby Mountain Park - Bus Outing 2:30 PM: Mystery Cards (Dining Rm) 7:00 PM: Pet Therapy (Fireside Lounge)</p>	<p>4</p> <p>9:30 AM: Stretch Fit (Fitness Rm) 10:30 AM: Ping Pong (Fitness Room) 10:30 AM: VPL Books (Media Room) 2:30 PM: Happy Hour and Word Games (Dining Room)</p>	<p>5</p> <p>10:30 AM: Resident Run Fitness Fun (Fitness Room) 2:30 PM: Resident Run Bocce (Courtyard) 7:00 PM: Movie (Media Rm)</p>
<p>6</p> <p>10:30 AM: Resident Run Fitness Fun (Fitness Room) 2:00 PM: Movie (Movie Rm) 2:30 PM: Bingo (Sth Act Rm)</p>	<p>7</p> <p>9:30 AM: Get up and go (Fitness Rm) 10:30 AM: Kraft Korner (Sth Act Rm) 10:30 AM: News & Views (Private D. Rm) 2:15 PM: Resident Council Meeting (Private Dining Rm) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Podcast (Media Rm)</p>	<p>8</p> <p>9:30 AM: Tai Chi (Fitness Rm) 10:30 AM: London Drugs bus outing 10:30 AM: Wii Bowling (Media Rm) 2:30 PM: Bingo (Sth Act Rm) 2:30 PM: Christian Fellowship (Media Room) 7:00 PM: Concert (Media Rm)</p>	<p>9</p> <p>9:30 AM: Sit and Fit (Fitness Room) 10:30 AM: Piano Music with Don Mackenzie (Dining Room) 7:00 PM: Movie (Media Rm)</p>	<p>10</p> <p>9:30 AM: Get up and go (Fitness Rm) 9:30 AM: Medical/Banking 1:30 PM: Doctor visit (Media Rm) 2:30 PM: Mystery Cards (Dining Rm) 10:00 AM - 4:00 PM: BC Elections Voting (Library)</p> 	<p>11</p> <p>9:30 AM: Stretch Fit (Fitness Rm) 10:30 AM: Ping Pong (Fitness Room) 2:30 PM: Happy Hour and music with Pete Campbell (Dining Room)</p>	<p>12</p> <p>10:30 AM: Resident Run Fitness Fun (Fitness Room) 2:30 PM: Virtual Scenic Drive - 50 Most Beautiful Villages in Italy - Northern Italy</p>
<p>13</p> <p>10:30 AM: Resident Run Fitness Fun (Fitness Room) 2:00 PM: Movie (Movie Rm) 2:30 PM: Bingo (Sth Act Rm)</p>	<p>14</p> <p>10:30 AM: Kraft Korner (Sth Act Rm) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Podcast (Media Rm) Thanksgiving Day Dinner</p> 	<p>15</p> <p>9:30 AM: Tai Chi (Fitness Rm) 10:30 AM: Wii Bowling 2:30 PM: Bingo (Sth Act Rm) 7:00 PM: Concert (Media Rm)</p>	<p>16</p> <p>9:30 AM: Sit and Fit (Fitness Rm) 10:30 AM: Britesmile Dental Clinic (Media Rm) 7:00 PM: Movie (Media Rm)</p>	<p>17</p> <p>9:30 AM: Get up and go (Fitness Rm) 10:30 AM: Puretone Hearing Clinic (Media Rm) 10:45 AM: Lunch White Spot Burnaby - Bus outing 2:30 PM: Mystery Cards (Dining Rm) 7:30 PM: St. Pat's Young Adults visit (Dining Rm)</p>	<p>18</p> <p>9:30 AM: Stretch Fit (Fitness Rm) 10:30 AM: Ping Pong (Fitness Room) 2:30 PM: Happy Hour & Games (Dining Room)</p>	<p>19</p> <p>10:30 AM: Resident Run Fitness Fun (Fitness Room) 2:30 PM: Resident Run Bocce (Courtyard) 7:00 PM: Movie (Media Rm)</p>
<p>20</p> <p>10:30 AM: Resident Run Fitness Fun (Fitness Room) 2:00 PM: Movie (Movie Rm) 2:30 PM: Bingo (Sth Act Rm)</p>	<p>21</p> <p>9:30 AM: Get up and go (Fitness Rm) 10:30 AM: Pumpkin Decorating (Sth Act Rm) 10:30 AM: News & Views (Private D. Rm) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Podcast (Media Rm)</p>	<p>22</p> <p>9:30 AM: Tai Chi (Fitness Rm) 10:30 AM: Wii Bowling (Media Rm) 10:30 AM: Autumn Leaves Scenic Drive - Bus Outing 2:30 PM: Bingo (Sth Act Rm) 2:30 PM: Christian Fellowship (Media Room) 7:00 PM: Concert (Media Rm)</p>	<p>23</p> <p>9:30 AM: Sit and Fit (Fitness Rm) 10:30 AM: Piano Music with Don Mackenzie (Dining Room) 2:30 PM: Pumpkin Decorating (Sth Act Rm) 7:00 PM: Movie (Media Rm)</p>	<p>24</p> <p>9:30 AM: Get up and go (Fitness Rm) 9:30 AM: Medical/Banking 1:30 PM: Doctor visit (Media Rm) 2:30 PM: Horse Racing (Dining Rm)</p>	<p>25</p> <p>9:30 AM: Stretch Fit (Fitness Rm) 10:30 AM: Ping Pong (Fitness Room) 2:30 PM: Happy Hour Birthday Celebration & Trivia (Dining Room)</p>	<p>26</p> <p>10:30 AM: Resident Run Fitness Fun (Fitness Room) 2:30 PM: Virtual Scenic Drive - 50 Most Beautiful Villages in Italy - Southern Italy (Media Room) 7:00 PM: Movie (Media Rm)</p>
<p>27</p> <p>10:30 AM: Resident Run Fitness Fun (Fitness Room) 2:00 PM: Movie (Movie Rm) 2:30 PM: Bingo (Sth Act Rm) 2:30 PM: Rachel Suzanne & Perri Lo Performance (Dining Room)</p>	<p>28</p> <p>9:30 AM: Get up and go (Fitness Rm) 10:30 AM: Kraft Korner (Sth Act Rm) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Podcast (Media Rm)</p>	<p>29</p> <p>9:30 AM: Tai Chi (Fitness Rm) 10:30 AM: Wii Bowling (Media Rm) 1:15 PM: Westham Island Bird Sanctuary - Bus Outing 2:30 PM: Bingo (Sth Act Rm) 7:00 PM: Concert (Media Rm)</p>	<p>30</p> <p>9:30 AM: Sit and Fit (Fitness Rm) 7:00 PM: Movie (Media Rm)</p>	<p>31</p> <p>9:30 AM: Get up and go (Fitness Rm) 10:30 AM - Kingsgate Mall - Bus Outing 2:30 PM: Halloween Party (Dining Room)</p> 	