

October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>1</p> 	<p>2 Get Crackin' H1 Individual Exercise 10:30 Sit N' Be Fit 1:30 Cards & Games</p> 	<p>3 Get Crackin' H2 09:30 Group Exercise 10:00 United Church Service 1:30 Hangman 1:30 Balloon Toss</p>	<p>4 Get Crackin' H3 Individual Exercise 10:30 Sit N' Be Fit 1:30 Dominoes 1:30 Cribbage</p>	<p>5 Get Crackin' H4 09:30 Group Exercise 10:30 Crossword Puzzle 1:30 Thanksgiving Party * HM Staff Choir</p>	<p>6 Individual Exercise 10:30 Sit N' Be Fit 1:30 BINGO</p> 	<p>7</p> 	
<p>8</p> 	<p>9</p> 	<p>10 Get Crackin' H2 09:30 Group Exercise 10:30 Crossword Puzzle 1:30 Cribbage 1:30 Canteen</p>	<p>11 Get Crackin' H3 Individual Exercise 10:30 Sit N' Be Fit 1:30 Garden Clean up 1:30 Kaiser</p>	<p>12 Get Crackin' H4 09:30 Group Exercise 10:30 Crossword Puzzle 1:30 Wine Makin' 1:30 Bible Study H3</p> 	<p>13 Individual Exercise 10:30 Sit N' Be Fit 1:30 BINGO</p> 	<p>14</p> 	
<p>15</p> 	<p>16 Get Crackin' H1 Individual Exercise 10:30 Sit N' Be Fit 1:30 Wine Bottling 1:30 Cards & Games</p> 	<p>24 Get Crackin' H2 09:30 Group Exercise 10:30 Bakin' H1 1:30 Birthday Party H1</p> 	<p>18 Get Crackin' H3 Individual Exercise 10:30 Sit N' Be Fit 1:30 "Charles Ballargeon"</p> 	<p>19 Get Crackin' H4 09:30 Group Exercise 10:00 Catholic Church 10:30 Crossword Puzzle 1:30 Karaoke Afternoon</p>	<p>20 Individual Exercise 10:30 Sit N' Be Fit 1:30 BINGO</p> 	<p>21</p> 	
<p>22</p> 	<p>23 Get Crackin' H1 Individual Exercise 10:30 Sit N' Be Fit 1:30 Halloween Decorations 1:30 Cards & Games</p> 	<p>24 Get Crackin' H2 09:30 Group Exercise 10:30 Bakin' H4 1:30 Birthday Party H4</p> 	<p>25 Get Crackin' H3 Individual Exercise 10:30 Sit N' Be Fit 10:30 Bakin' H2 1:30 Birthday Party H2</p> 	<p>26 Get Crackin' H4 09:30 Group Exercise 10:30 Crossword Puzzle 1:30 Joe Charabin "101st Bday"</p> 	<p>27 Individual Exercise 10:30 Sit N' Be Fit 1:30 BINGO</p> 	<p>28</p> 	
<p>29</p> 	<p>30 Get Crackin' H1 Individual Exercise 10:30 Sit N' Be Fit 11:00 WELLNESS H1 12:30 WELLNESS H2</p>	<p>31 Get Crackin' H2 09:30 Group Exercise 11:00 WELLNESS H3 12:30 WELLNESS H4 1:30 Halloween Costume Party</p>	<p>Esther Magoose October 1st, 1938 Gerry Murphy October 14th, 1937 Irene Bell October 24th, 1933 Joe Charabin October 29th, 1922</p>			<p>Olive Gage October 3rd, 1928 Rosa Blaquiere October 15th, 1940 Leonard Harms October 24th, 1926</p>	<p>Happy Birthday</p>