

## October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Happy Birthday</b></p> <p>Esther Magosse Oct. 1, 1938                      Gerry Murphy Oct 14, 1937                      Rosa Blaquiere Oct 15, 1940                      Judy Liebaert Oct 15, 1922</p>		<p><b>1</b> Get Crackin' H1                      9:15 Group Exercise                      10:30 Hangman                      1:30 Entertainment                      " Dennis Pidwerbeski" </p>	<p><b>2</b> Get Crackin' H3                      Individual Exercise                      10:00 United Church                      10:15 Sit N' Be Fit                      2:00 Entertainment                      "The Spirit of Christmas Singers"</p>	<p><b>3</b> Get Crackin' H4                      9:15 Group Exercise                      10:00 Catholic Church                      11:00 Bakin' H1                      1:30 Birthday Party H1                      1:30 Cribbage H3</p>	<p><b>4</b> Individual Exercise                      10:15 Sit N' Be Fit                      10:45 Cribbage H3                      1:30 BINGO </p>	<p><b>5</b></p> <p>*Activities are subject to change without prior notice.</p>
<p><b>6</b></p> 	<p><b>7</b> Individual Exercise                      10:15 Sit N' Be Fit                      11:00 Dominoes                      1:30 Travelogue " Spain"</p>	<p><b>8</b> Get Crackin' H1                      9:15 Group Exercise                      10:30 Hangman                      1:30 Cards &amp; Games </p>	<p><b>9</b> Get Crackin' H3                      Individual Exercise                      10:15 Sit N' Be Fit                      1:30 Entertainment                      " The Old Timers" </p>	<p><b>10</b> Get Crackin' H4                      9:15 Group Exercise                      10:00 Anglican Church                      1:30 BINGO </p>	<p><b>11</b> Individual Exercise                      10:15 Sit N' Be Fit                      1:30 Thanksgiving Party                      " HM Staff Choir"</p>	<p><b>12</b></p> 
<p><b>13</b></p> 	<p><b>14</b></p> <p><b>No Recreation</b></p>	<p><b>15</b> Get Crackin' H1                      9:15 Group Exercise                      10:30 Hangman                      11:00 Bakin' H3                      1:30 Birthday Party H3                      1:30 Kaiser H4</p>	<p><b>16</b> Get Crackin' H3                      Individual Exercise                      10:00 Sit N' Be Fit                      11:00 Porta Bella Lunch                      1:45 Cribbage H3</p>	<p><b>17</b> Get Crackin' H4                      9:15 Group Exercise                      10:30 Crossword                      1:30 BINGO </p>	<p><b>18</b>                      10:15 Sit N' Be Fit                      1:30 Garden Clean up                      5:00 BBQ Burger Supper</p>	<p><b>19</b></p> 
<p><b>20</b></p> 	<p><b>21</b> Individual Exercise                      10:15 Sit N' Be Fit                      11:00 Cribbage H3                      1:30 Halloween Decorations </p>	<p><b>22</b> Get Crackin' H1                      9:15 Group Exercise                      10:30 Hangman                      1:00 Provincial Election </p>	<p><b>23</b> Get Crackin' H3                      Individual Exercise                      10:15 Sit N' Be Fit                      1:30 Entertainment                      " Allan Taylor" </p>	<p><b>24</b> Get Crackin' H4                      9:15 Group Exercise                      10:30 Crossword                      1:30 Canteen                      1:30 Cards &amp; Games </p>	<p><b>25</b> Individual Exercise                      10:15 Sit N' Be Fit                      10:45 Hangman H3                      1:30 BINGO </p>	<p><b>26</b></p> 
<p><b>27</b></p> 	<p><b>28</b> Individual Exercise                      10:15 Sit N' Be Fit                      11:00 WELLNESS H1                      12:30 WELLNESS H3                      1:30 Cards &amp; Games </p>	<p><b>29</b> Get Crackin' H1                      9:15 Group Exercise                      10:30 Hangman                      11:00 WELLNESS H4                      1:30 Bible Study                      2:00 Cribbage H3</p>	<p><b>30</b> Get Crackin' H3                      Individual Exercise                      10:15 Sit N' Be Fit                      1:30 Movie Afternoon                      " Queen Bees"</p>	<p><b>31</b> Get Crackin' H4                      9:15 Group Exercise                      10:30 Crossword                      1:30 Halloween Parade </p>	<p><b>Happy Birthday</b></p> <p>Sidney Penley Oct 20, 1925                      Irene Bell Oct 24, 1933                      Hilda Graw Oct 24, 1935</p>	

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