



OCTOBER 2025





HIGHGATE LODGE			The second	OC											HIGHGATE LODGE				
	Lasation		C:	II 6					Wednesday	1		Thursday	2		Friday	3		Saturday	4
	<u>Location</u> I	Key	<u>51</u> ;	gn-Up S	heets			9:30	Exercise Video: Weighted Exercises	(AR)	9:30	Exercise Video: Strength & Stretch	(AR)	9:30	Exercise Video:	(AR)	9:30	Exercise Video: Sit and Fit	(AR)
	AR - Activity	Room	A star beside ar	n activity	or out	ting on this		10:00	Morning Coffee & Chat	(L) 1	LO:00	Morning Coffee & Chat	(L)	10:00	Full Body Stretch Morning Coffee & Chat	(L)	1:30	National Geographic:	(L)
	L - Lounge		calendar indica	•		_				(-)	Λ	Shopping Trip to Hillside Mall	ν-,	1:30	Shuffleboard	(AR)		Free Solo	(-)
	DR - Dining Room		Activities binder is located opposite the Front							•	5	1:00 pm - 3:30 pm		3:30	Happy Hour	(L)	7:00	Popcorn and Movie:	(L)
	P - Patio	00111	Desk on the sid		cea opp						-	Meet at 12:45 pm at The Front Desk		7:00	Bingo	(AR)		Forrest Gump	
	GR - Games R	loom	Desk off the sid	c table.						6	5:30	Dessert & Documentaries: Federer: Twelve Final Days	(L)	ES	HUFFLEBOAT	D			
	Sunday	5	Monday	6		Tuesday	7		Wednesday	8		Thursday	9		Friday	10		Saturday	11
9:30	Exercise Video:		9:30 Exercise Video:	(AR)	9:30	Exercise Video:	(AR)	9:30	Exercise Video:	(AR) 9	9:30	Exercise Video:	(AR)	9:30	Exercise Video:	(AR)	9:30	Exercise Video:	(AR)
	Chair Yoga	6.3	Full Body Stretch	4-3		Stand and Fit			Weighted Exercises	4.5		Strength & Stretch			Full Body Stretch			Sit and Fit	
1:00	Afternoon Movie:	(L)	10:00 Morning Coffee & Chat	(L)		Morning Coffee & Chat	(L)	10:00	Morning Coffee & Chat	` '	10:00	Morning Coffee & Chat	(L)	10:00	Morning Coffee & Chat	` '		National Geographic:	(L)
	Old Yeller		11:00 Dog Walking Group 6:00 Board games	(FD) (AR)		Residents Council Meeting: Veteran's Gathering	(AR) (L)	2:00	Music Bingo	(AR) 2	2:00 5:30	Pool Challenge Dessert & Documentaries:	(GR) (L)	1:30 3:30	Shuffleboard Happy Hour	(AR) (L)		Apollo Mission To The Moor Popcorn and Movie:	n (L)
			0.00 Board games	(AN)	2.30	Casual Chic Couture	(-)			١	J.30	Mission Blue	(-)	7:00	Ringo	(L) (AR)		Splash	(L)
						Pop Up Shop with Emily	(AR)					mission blue					_	Gardener Gather: G.R.I.T.	
			GAME NIGHT			11:00am - 2:00pm	,							E.3	HUFFLEBOAT	U.S	i	at 2:00 pm in the garden	
	Sunday	12	Monday	13		Tuesday	14		Wednesday	15		Thursday	16		Friday	17		Saturday	18
9:30	Exercise Video:		9:30 Exercise Video:	(AR)	9:30	Exercise Video:	(AR)	9:30	Exercise Video:	(AR) 9	9:30	Exercise Video:	(AR)	9:30	Exercise Video:	(AR)	9:30	Exercise Video:	(AR)
	Chair Yoga		Full Body Stretch			Stand and Fit			Weighted Exercises			Strength & Stretch			Full Body Stretch			Sit and Fit	
1:00	Afternoon Movie:	(L)	10:00 Morning Coffee & Chat	(L)		Morning Coffee & Chat	(L)	10:00	Morning Coffee & Chat	` '	10:00	Morning Coffee & Chat	(L)	10:00	Morning Coffee & Chat	` '		National Geographic:	(L)
	Remember The Titans		11:00 Dog Walking Group	(FD)	1:30	Resident General Meeting	(AR)		Novigation the PO Health care		2:00	Pool Challenge	(GR)	1:30	Shuffleboard	(AR)		Into the Grand Canyon	<i>(</i> 1.)
			5:00 Thanksgiving Dinner 6:00 Board games	(DR)	2:30	Veteran's Gathering	(L)		Navigating the BC Healthcare System by Connie Jorsvik	E	5:30	Dessert & Documentaries: Kingdom Of Us	(L)	3:30	Happy Hour	(L)	7:00	Popcorn and Movie: Three Men and a Baby	(L)
			6.00 Board games	(AR)					2:00 pm - 3:00 pm			Kiliguolii Oi Os		7.00	DIIIgo	(AK)	4	Three Well and a baby	
			Thanksgiving Day						in the Activities Room	W				E 3	HUFFLEBOAT	$\{U_{i}\}$	İ		
	Sunday	19	Monday	20		Tuesday	21		Wednesday	22		Thursday	23		Friday	24		Saturday	25
9:30	Exercise Video:		9:30 Exercise Video:	(AR)	9:30	Exercise Video:	(AR)	9:30	Exercise Video:	(AR) 9	9:30	Exercise Video:	(AR)	9:30	Exercise Video:	(AR)	9:30	Exercise Video:	(AR)
	Chair Yoga		Full Body Stretch			Stand and Fit			Weighted Exercises			Strength & Stretch			Full Body Stretch			Sit and Fit	
1:00	Afternoon Movie:	(L)	10:00 Morning Coffee & Chat	(L)		Bus Trip To Buchart Gardens	(L)	10:00	Morning Coffee & Chat	` '			(L)	10:00	Morning Coffee & Chat	(L)	1:30	National Geographic:	(L)
	Anna and the King		11:00 Dog Walking Group	(FD)	2:30	Veteran's Gathering	(L)	1:30	Pumpkin Décor craft	(AR) 1	L:30	Residents Culinary Meeting	(AR)	1:30	Shuffleboard	(AR)		Titanic 20 Years Later	
			6:00 Board games	(AR)					Residents Birthday Tea		2:00	Breast Cancer Awareness Seminar	(AR)	3:30	Happy Hour	(L)	7:00	Popcorn and Movie:	(L)
									Music by Studio 72		6:30	Dessert & Documentaries:	(L)	7:00	Bingo	(AR)		The Parent Trap	
			GAME NIGHT					, T	3:00 pm to 4:00 pm			Gleason		S	HUFFLEBOAF	D	i		
	Sunday	26	Monday	27		Tuesday	28		Wednesday	29		Thursday	30		Friday	31			116
9:30	Exercise Video:		9:30 Exercise Video:	(AR)	9:30	Exercise Video:	(AR)	9:30	Exercise Video:	(AR) 9	9:30	Exercise Video:	(AR)	9:30	Exercise Video:	(AR)			
	Chair Yoga		Full Body Stretch			Stand and Fit			Weighted Exercises			Strength & Stretch			Full Body Stretch				4
1:00	Afternoon Movie:	(L)	10:00 Morning Coffee & Chat	(L)		Morning Coffee & Chat	` '	10:00	Morning Coffee & Chat	(L)		Morning Coffee & Chat	(L)	10:00	Morning Coffee & Chat	(L)			With
	The Rookie		11:00 Dog Walking Group	(FD)	2:30	Veteran's Gathering	(L)				5:00) Oktoberfest	(DR)	1:30	Shuffleboard	(AR)	-	TANK	MAY
			6:00 Board games	(AR)					Heart Pharmacy Presentation			Music with Joyce and The Boyz		3:30	Happy Hour	(L)			A
			GAME NIGHT						1:30 pm - 2:30 pm	4		enet		7:00	Bingo	(AR)	90		9
			GAME NIGHT						in the Activities Room	\sim		Oktoberiesb		w	Halloween	(V.Y)	V		-40
									Healthy for the Holiday	S					Halloween	A SUPERIOR OF THE PROPERTY OF			