



# OCTOBER 2025



<div><div>Location Key</div><div>AR - Activity Room L - Lounge DR - Dining Room P - Patio GR - Games Room</div></div>		<div><div>Sign-Up Sheets</div><div>A star beside an activity or outing on this calendar indicates <u>sign-up is required</u>. The Activities binder is located opposite the Front Desk on the side table.</div></div>		<div><div>Wednesday1</div><div>9:30 Exercise Video: (AR) Weighted Exercises 10:00 Morning Coffee &amp; Chat (L)</div></div>		<div><div>Thursday2</div><div>9:30 Exercise Video: (AR) Strength &amp; Stretch 10:00 Morning Coffee &amp; Chat (L) <div>★ Shopping Trip to Hillside Mall 1:00 pm - 3:30 pm Meet at 12:45 pm at The Front Desk</div> 6:30 Dessert &amp; Documentaries: (L) Federer: Twelve Final Days</div></div>		<div><div>Friday3</div><div>9:30 Exercise Video: (AR) Full Body Stretch 10:00 Morning Coffee &amp; Chat (L) 1:30 Shuffleboard (AR) 3:30 Happy Hour (L) 7:00 Bingo (AR) SHUFFLEBOARD</div></div>		<div><div>Saturday4</div><div>9:30 Exercise Video: (AR) Sit and Fit 1:30 National Geographic: (L) Free Solo 7:00 Popcorn and Movie: (L) Forrest Gump</div></div>			
<div><div>Sunday5</div><div>9:30 Exercise Video: Chair Yoga 1:00 Afternoon Movie: (L) Old Yeller</div></div>		<div><div>Monday6</div><div>9:30 Exercise Video: (AR) Full Body Stretch 10:00 Morning Coffee &amp; Chat (L) 11:00 Dog Walking Group (FD) 6:00 Board games (AR) GAME NIGHT</div></div>		<div><div>Tuesday7</div><div>9:30 Exercise Video: (AR) Stand and Fit 10:00 Morning Coffee &amp; Chat (L) 10:30 Residents Council Meeting: (AR) 2:30 Veteran's Gathering (L) Casual Chic Couture Pop Up Shop with Emily (AR) 11:00am - 2:00pm</div></div>		<div><div>Wednesday8</div><div>9:30 Exercise Video: (AR) Weighted Exercises 10:00 Morning Coffee &amp; Chat (L) 2:00 Music Bingo (AR)</div></div>		<div><div>Thursday9</div><div>9:30 Exercise Video: (AR) Strength &amp; Stretch 10:00 Morning Coffee &amp; Chat (L) 2:00 Pool Challenge (GR) 6:30 Dessert &amp; Documentaries: (L) Mission Blue</div></div>		<div><div>Friday10</div><div>9:30 Exercise Video: (AR) Full Body Stretch 10:00 Morning Coffee &amp; Chat (L) 1:30 Shuffleboard (AR) 3:30 Happy Hour (L) 7:00 Bingo (AR) SHUFFLEBOARD</div></div>		<div><div>Saturday11</div><div>9:30 Exercise Video: (AR) Sit and Fit 1:30 National Geographic: (L) Apollo Mission To The Moon 7:00 Popcorn and Movie: (L) Splash Gardener Gather: G.R.I.T. at 2:00 pm in the garden</div></div>	
<div><div>Sunday12</div><div>9:30 Exercise Video: Chair Yoga 1:00 Afternoon Movie: (L) Remember The Titans</div></div>		<div><div>Monday13</div><div>9:30 Exercise Video: (AR) Full Body Stretch 10:00 Morning Coffee &amp; Chat (L) 11:00 Dog Walking Group (FD) 5:00 Thanksgiving Dinner (DR) 6:00 Board games (AR) Thanksgiving Day</div></div>		<div><div>Tuesday14</div><div>9:30 Exercise Video: (AR) Stand and Fit 10:00 Morning Coffee &amp; Chat (L) 1:30 Resident General Meeting (AR) 2:30 Veteran's Gathering (L)</div></div>		<div><div>Wednesday15</div><div>9:30 Exercise Video: (AR) Weighted Exercises 10:00 Morning Coffee &amp; Chat (L) Navigating the BC Healthcare System by Connie Jorsvik 2:00 pm - 3:00 pm in the Activities Room</div></div>		<div><div>Thursday16</div><div>9:30 Exercise Video: (AR) Strength &amp; Stretch 10:00 Morning Coffee &amp; Chat (L) 2:00 Pool Challenge (GR) 6:30 Dessert &amp; Documentaries: (L) Kingdom Of Us</div></div>		<div><div>Friday17</div><div>9:30 Exercise Video: (AR) Full Body Stretch 10:00 Morning Coffee &amp; Chat (L) 1:30 Shuffleboard (AR) 3:30 Happy Hour (L) 7:00 Bingo (AR) SHUFFLEBOARD</div></div>		<div><div>Saturday18</div><div>9:30 Exercise Video: (AR) Sit and Fit 1:30 National Geographic: (L) Into the Grand Canyon 7:00 Popcorn and Movie: (L) Three Men and a Baby</div></div>	
<div><div>Sunday19</div><div>9:30 Exercise Video: Chair Yoga 1:00 Afternoon Movie: (L) Anna and the King</div></div>		<div><div>Monday20</div><div>9:30 Exercise Video: (AR) Full Body Stretch 10:00 Morning Coffee &amp; Chat (L) 11:00 Dog Walking Group (FD) 6:00 Board games (AR) GAME NIGHT</div></div>		<div><div>Tuesday21</div><div>9:30 Exercise Video: (AR) Stand and Fit 10:00 Bus Trip To Buchart Gardens (L) 2:30 Veteran's Gathering (L) ★</div></div>		<div><div>Wednesday22</div><div>9:30 Exercise Video: (AR) Weighted Exercises 10:00 Morning Coffee &amp; Chat (L) 1:30 Pumpkin Décor craft (AR) Residents Birthday Tea Music by Studio 72 3:00 pm to 4:00 pm</div></div>		<div><div>Thursday23</div><div>9:30 Exercise Video: (AR) Strength &amp; Stretch 10:00 Morning Coffee &amp; Chat (L) 1:30 Residents Culinary Meeting (AR) 2:00 Breast Cancer Awareness Seminar (AR) 6:30 Dessert &amp; Documentaries: (L) Gleason</div></div>		<div><div>Friday24</div><div>9:30 Exercise Video: (AR) Full Body Stretch 10:00 Morning Coffee &amp; Chat (L) 1:30 Shuffleboard (AR) 3:30 Happy Hour (L) 7:00 Bingo (AR) SHUFFLEBOARD</div></div>		<div><div>Saturday25</div><div>9:30 Exercise Video: (AR) Sit and Fit 1:30 National Geographic: (L) Titanic 20 Years Later 7:00 Popcorn and Movie: (L) The Parent Trap</div></div>	
<div><div>Sunday26</div><div>9:30 Exercise Video: Chair Yoga 1:00 Afternoon Movie: (L) The Rookie</div></div>		<div><div>Monday27</div><div>9:30 Exercise Video: (AR) Full Body Stretch 10:00 Morning Coffee &amp; Chat (L) 11:00 Dog Walking Group (FD) 6:00 Board games (AR) GAME NIGHT</div></div>		<div><div>Tuesday28</div><div>9:30 Exercise Video: (AR) Stand and Fit 10:00 Morning Coffee &amp; Chat (L) 2:30 Veteran's Gathering (L)</div></div>		<div><div>Wednesday29</div><div>9:30 Exercise Video: (AR) Weighted Exercises 10:00 Morning Coffee &amp; Chat (L) Heart Pharmacy Presentation 1:30 pm - 2:30 pm in the Activities Room Healthy for the Holidays</div></div>		<div><div>Thursday30</div><div>9:30 Exercise Video: (AR) Strength &amp; Stretch 10:00 Morning Coffee &amp; Chat (L) 5:00 Oktoberfest (DR) Music with Joyce and The Boyz</div></div>		<div><div>Friday31</div><div>9:30 Exercise Video: (AR) Full Body Stretch 10:00 Morning Coffee &amp; Chat (L) 1:30 Shuffleboard (AR) 3:30 Happy Hour (L) 7:00 Bingo (AR) Halloween</div></div>		<div><div></div><div></div></div>	