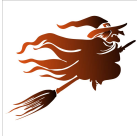


October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Happy Hearts Club 11:00 Zumba fun - AR 1:30 Reflections 2:30 Donuts & Coffee <i>National Seniors Day</i>	2 10:00 Relax with Chair Massage 11:00 Workout with Weights 1:30 Bingo 3:00 Movie & Popcorn	3 10:00 Music Memory 11:00 Jive to Thrive 1:30 Darts 2:30 Happy Hour <i>Happy Birthday Tyler</i>	4 2:30 Hot Chocolate Saturday 
5 11:00 Utube Church Service	6 10:00 Make-over Monday 11:00 Tai Chi 1:30 Sing-a-long 3:00 Card games	7 10:00 Puppet Therapy 11:00 Yoga Stretch 1:30 Entertainment 3:00 Word Games <i>Happy Birthday Frank</i>	8 10:00 Happy Hearts Club 11:00 Zumba fun - AR 1:30 Reflections 3:00 Virtual Concert	9 10:00 Relax with Chair Massage 11:00 Workout with Weights 1:30 Bingo 3:00 Movie & Popcorn	10 10:00 Music Memory 11:00 Jive to Thrive 1:30 Darts 2:30 Happy Hour	11 2:30 Hot Chocolate Saturday 
12 11:00 Utube Church Service	13 	14 10:00 Puppet Therapy 11:00 Yoga Stretch 1:30 Entertainment 3:00 Word Games	15 10:00 Happy Hearts Club 11:00 Zumba fun - AR 1:30 Reflections 3:00 Virtual Concert <i>Happy Birthday Sylvia</i>	16 10:00 Relax with Chair Massage 11:00 Workout with Weights 1:30 Bingo 3:00 Movie & Popcorn	17 10:00 Music Memory 11:00 Jive to Thrive 1:30 Darts 2:30 Happy Hour	18 <i>Happy Birthday Rosaline</i> Health Care Assistant Day
19 11:00 Utube Church Service	20 10:00 Make-over Monday 11:00 Tai Chi <i>1:30 Special Indian Dance</i> <i>3:00 Henna & Festival of Lights on Big Screen</i> <i>Diwali</i>	21 10:00 Puppet Therapy 11:00 Yoga Stretch 1:30 Entertainment 3:00 Word Games	22 10:00 Happy Hearts Club 11:00 Zumba fun - AR 1:30 Reflections 3:00 Virtual Concert	23 10:00 Relax with Chair Massage 11:00 Workout with Weights 1:30 Bingo 3:00 Movie & Popcorn	24 10:00 Music Memory 11:00 Jive to Thrive 1:30 Darts 2:30 Happy Hour	25 2:30 Hot Chocolate Saturday 
26 11:00 Utube Church Service	27 10:00 Make-over Monday 11:00 Tai Chi 1:30 Sing-a-long 3:00 Card games	28 10:00 Puppet Therapy 11:00 Yoga Stretch 1:30 Entertainment 2:30 Birthday Party - AR	29 10:00 Happy Hearts Club 11:00 Zumba fun - AR 1:30 Reflections 3:00 Virtual Concert	30 10:00 Relax with Chair Massage 11:00 Workout with Weights 1:30 Bingo 3:00 Movie & Popcorn	31 10:00 Music Memory 11:00 Jive to Thrive <i>1:30 Halloween Party</i>	