

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# October 2020

## Heritage Life Personal Care Home 2<sup>nd</sup> Floor Calendar

| Sunday                               | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday   |
|--------------------------------------|---|---|---|---|---|--|
|                                      |   |   |   | 1   | 2   | 3  |
| 9:30 TV Church Service               | 1:00 <b>Garden Clean up</b> BB<br>1:30 <b>Garden Clean up</b> OP/MR                                     | 2:00 Chapel BB<br>3:00 Chapel OP/MR   | 8:45 <b>YOGA</b> OP/MR<br>11:45 <b>YOGA</b> BB  | 9:30 Chapel OP/MR<br>10:30 Chapel BB<br>2:45 Sing-Along OP/MR<br>3:15 Sing-Along BB       | 9:30 <b>YOGA</b> BB<br>10:30 <b>YOGA</b> OP/MR<br>3:00 <i>Happy Hour</i> BB<br>3:30 <i>Happy Hour</i> OP/MR<br><small>Sukkot Begins</small> | 9:30 I:I Therapeutic Recreation                              |
| 4                                    | 5   | 6   | 7   | 8   | 9   | 10   |
| 9:30 TV Church Service               | 1:00 <b>Garden Clean up</b> BB<br>1:30 <b>Garden Clean up</b> OP/MR                                     | 2:00 Chapel BB<br>3:00 Chapel OP/MR   | 8:45 <b>YOGA</b> OP/MR<br>11:45 <b>YOGA</b> BB  | 9:30 Chapel OP/MR<br>10:30 Chapel BB<br>2:15 Catholic Mass OP/MR<br>3:00 Catholic Mass BB | 3:30 <i>Birthday Party</i>  | <b>TV Movie</b><br><small>Simchat Torah Begins</small>       |
| 11                                   | 12  | 13  | 14  | 15  | 16  | 17   |
| 9:45 Chapel BB<br>11:00 Chapel OP/MR | 1:30 Trivia  BB<br>2:30 Trivia  OP/MR<br><small>Columbus Day (US)<br/>Thanksgiving Day (Canada)</small> | 9:30 I:I Therapeutic Recreation   | 9:30 Sit & Get Fit OP/MR<br>10:30 Sit & Get Fit BB<br>2:00 Chapel OP/MR<br>3:00 Chapel BB | <b>9:30 SPA DAY</b><br>2:45 Chapel OP/MR<br>3:30 Chapel BB                                | 9:30 <b>YOGA</b> BB<br>10:30 <b>YOGA</b> OP/MR<br>3:00 <i>Happy Hour</i> BB<br>3:30 <i>Happy Hour</i> OP/MR                                 | 9:30 I:I Therapeutic Recreation                              |
| 18                                   | 19  | 20  | 21  | 22  | 23  | 24   |
| 9:30 TV Church Service               | <b>1:00 SPA DAY</b><br>6:30 <b>Resident Family Council Zoom Meeting</b>                                 | 9:30 Chapel OP/MR<br>10:30 Chapel BB<br>1:30 News Group OP/MR<br>2:30 News Group BB | 9:45 <b>YOGA</b> OP/MR<br>10:30 <b>YOGA</b> BB  | 9:30 Chapel OP/MR<br>10:30 Chapel BB<br>2:15 Catholic Mass OP/MR<br>3:00 Catholic Mass BB | 9:30 Sit & Get Fit OP/MR<br>10:30 Sit & Get Fit BB<br>3:00 <i>Happy Hour</i> BB<br>3:30 <i>Happy Hour</i> OP/MR                             | 1:30 I:I Therapeutic Recreation                              |
| 25                                   | 26  | 27  | 28  | 29  | 30  | 31   |
| 9:45 Chapel BB<br>11:00 Chapel OP/MR | 1:30 Craft BB<br>2:30 Craft OP/MR   | 9:30 Book Club OP/MR<br>10:30 Book Club BB<br>2:00 Chapel OP/MR<br>3:00 Chapel BB   | 9:30 Sit & Get Fit OP/MR<br>10:30 Sit & Get Fit BB<br>3:00 Chapel OP/MR<br>4:00 Chapel BB | <b>9:30 SPA DAY</b><br>2:30 Chapel OP/MR<br>3:30 Chapel BB                                | 11:00 <i>Halloween Crepes</i><br>   | 3:30 <b>HALLOWEEN TREATS</b><br><br><small>Halloween</small> |

Programs are subject to change. Residents will be informed via the Daily White Board.