

October 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
<p><u>Reminders</u> Resident Run Bridge & Euchre- scheduled every day at 2pm in the Lounge & Euchre Monday's at 7 pm</p>						<p>10:00 Sit & Stand Balance Fit 1:00 Seated Strength Fit 2:00 Armchair Travel - Salzburg 2:15 Coffee Social 3:00 Craft Corner with Hailey</p> <p>International Coffee Day</p>
2	3	4	5	6	7	8
<p>10:00 Seated Cardio Fit 11:00 Trivia with Nancy 1:30 Virtual Hymn Sing 2:00 Ecumenical Church Service 2:30 Matinee Show: Downton Abbey 3:00 Resident Run Walks</p>	<p>10:00 Seated Cardio Fit 10:00 Sit & Stand Balance Fit 11:00 Finish My Line 11:00 Jeopardy 1:30 Music with Jay Middleton 2:15 Shuffle Board Tournament 7:00 Resident Run Euchre</p>	<p>8:45 Trip to Walmart 9:30 Drum Fit 10:00 Drum Fit 11:00 Wheel of Fortune 11:00 Bus Trips 1:30 Bingo 2:00 Musical Interlude 2:30 Quarters Bingo 7:15 Movie Night: The King Speech</p>	<p>10:00 Trip to Cataraqui Mall 10:30 VON Sit & Stand Cardio 11:00 Wordy Wednesday -Brain Games 11:00 Colouring & Punch 2:00 Knitting & Crocheting 6:30 Open Billiards 7:15 The Carol Burnett Show</p>	<p>10:00 Seated Strength Fit 10:00 Sit & Stand Cardio Fit 10:00 Scenic Drive 11:00 Mix It Up Trivia 11:00 All About... 1:30 Bingo 2:30 Masters Academy Secrets of Words 7:00 Bible Study with Bob Hawkins</p>	<p>9:30 Drum Fit 10:00 Drum Fit 11:00 Trivia 11:00 Word Games 1:30 Nature Strolls 2:30 Pub Social 7:00 Music with Kevin</p>	<p>10:00 Sit & Stand Balance Fit 1:00 Beauty Break 2:00 Armchair Travel- Venice 2:15 Seated Strength Fit 3:00 Craft Corner with Hailey : Thanksgiving 7:15 Movie Night: The Pursuit Of "Happy" Ness</p>
9	10 THANKSGIVING	11	12	13	14	15
<p>10:00 Seated Cardio Fit 10:30 Communion Liturgy 11:00 Trivia with Nancy 1:30 Virtual Hymn Sing 2:30 Matinee Show: Downton Abbey 3:00 Resident Run Walks</p>	<p>10:00 Seated Cardio Fit 10:00 Sit & Stand Balance Fit 11:00 Finish My Line 2:15 Shuffle Board Tournament 2:30 Thanksgiving Tea 7:00 Resident Run Euchre</p> <p>Happy Thanksgiving</p>	<p>8:45 Trip to Walmart 9:30 Drum Fit 10:00 Drum Fit 11:00 Wheel of Fortune 11:00 Bus Trips 1:30 Bingo 2:00 Musical Interlude 2:30 Quarters Bingo 7:15 Movie Night: The Martian</p>	<p>10:00 Trip to Cataraqui Mall 10:30 VON Sit & Stand Cardio 11:00 Wordy Wednesday -Brain Games 11:00 Colouring & Punch 1:30 Music with Tom Ward 2:00 Knitting & Crocheting 6:30 Open Billiards 7:15 The Carol Burnett Show</p>	<p>10:00 Seated Strength Fit 10:00 Sit & Stand Cardio Fit 10:00 Scenic Drive 11:00 Food For Thought 1:30 Bingo 2:30 Masters Academy Secrets of Words 7:00 Bible Study with Bob Hawkins</p>	<p>9:30 Drum Fit 10:00 Drum Fit 11:00 Trivia 11:00 Word Games 1:30 Nature Strolls 2:30 Pub & Dessert Social 7:00 Music with Cowboy Mark</p> <p>National Dessert Day</p>	<p>10:00 Sit & Stand Balance Fit 1:00 Beauty Break 2:00 Armchair Travel- Roma Italy 2:15 Seated Strength Fit 3:00 Craft Corner with Hailey 7:15 Movie Night: Beauty & The Beast</p>

*This calendar is for demonstration purposes only. Activities, programs and events vary by month and location. Contact us today to find a location near you.

Call us today at 1-866-959-4848

aspiralife.ca

October 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 10:00 Seated Cardio Fit 10:00 Out of the Ashes 11:00 Trivia with Nancy 1:30 Virtual Hymn Sing 2:30 Matinee Show: Downton Abbey 3:00 Resident Run Walks	17 10:00 Seated Cardio Fit 10:00 Sit & Stand Balance Fit 11:00 Finish My Line 11:00 Jeopardy 2:15 Shuffle Board Tournament 7:00 Resident Run Euchre	18 8:45 Trip to Walmart 9:30 Drum Fit 10:00 Drum Fit 11:00 Wheel of Fortune 11:00 Bus Trips 1:30 Bingo 2:00 Musical Interlude 2:30 Quarters Bingo 7:15 Movie Night: The Express	19 10:00 Trip to Cataraqui Mall 10:30 VON Sit & Stand Cardio 11:00 Wordy Wednesday -Brain Games 11:00 Colouring & Punch 2:00 Knitting & Crocheting 6:30 Music with Cowboy Mark 6:30 Open Billiards 7:15 The Carol Burnett Show	20 10:00 Seated Strength Fit 10:00 Sit & Stand Cardio Fit 10:00 Scenic Drive 11:00 Mix It Up Trivia 11:00 All About... 1:30 Bingo 2:30 Masters Academy Secrets of Words 7:00 Bible Study with Bob Hawkins	21 9:30 Drum Fit 10:00 Drum Fit 11:00 Trivia 11:00 Word Games 1:30 Nature Strolls 2:30 Pub Social 7:00 Music with The Lloyds	22 10:00 Sit & Stand Balance Fit 1:00 Beauty Break 2:00 Armchair Travel- South Africa 2:15 Seated Strength Fit 3:00 Craft Corner with Hailey 7:15 Movie Night: Love in the Villa
23 10:00 Seated Cardio Fit 10:30 Communion Liturgy 11:00 Trivia with Nancy 1:30 Virtual Hymn Sing 2:30 Matinee Show: Downton Abbey 3:00 Resident Run Walks	24 10:00 Seated Cardio Fit 10:00 Sit & Stand Balance Fit 11:00 Finish My Line 11:00 Jeopardy 1:30 Music with Andy 2:00 Municipal Election 2:15 Shuffle Board Tournament 7:00 Resident Run Euchre	25 8:45 Trip to Walmart 9:30 Drum Fit 10:00 Drum Fit 11:00 Wheel of Fortune 11:00 Bus Trips 1:30 Bingo 2:00 Musical Interlude 2:30 Quarters Bingo 7:15 Movie Night: Country Strong	26 10:00 Trip to Cataraqui Mall 10:30 VON Sit & Stand Cardio 11:00 Wordy Wednesday -Brain Games 11:00 Colouring & Punch 2:00 Knitting & Crocheting 3:00 Library Meeting 6:30 Open Billiards 7:15 The Carol Burnett Show	27 10:00 Seated Strength Fit 10:00 Sit & Stand Cardio Fit 10:00 Scenic Drive 11:00 Mix It Up Trivia 11:00 All About... 2:30 Judge the Pumpkin Carvings 7:00 Bible Study with Bob Hawkins	28 9:30 Drum Fit 10:00 Drum Fit 10:00 Catholic Mass 11:00 Word Games 11:00 Managers Update Meeting 1:30 Nature Strolls 2:30 Pub Social 2:30 Music with Sun Shine Soul	29 10:00 Sit & Stand Balance Fit 1:00 Beauty Break 2:00 Armchair Travel- Argentina 2:15 Seated Strength Fit 3:00 Craft Corner with Hailey: Halloween 7:15 Movie Night: Forgiveness
30 10:00 Seated Cardio Fit 11:00 Trivia with Nancy 1:30 Virtual Hymn Sing 2:30 Matinee Show: Downton Abbey 2:30 Church with Bob Hawkins 3:00 Resident Run Walks	31 10:00 Seated Cardio Fit 10:00 Sit & Stand Balance Fit 11:00 Finish My Line 11:00 Jeopardy 2:30 Halloween Party With The Manning Brothers 7:00 Resident Run Euchre Happy Halloween					

*This calendar is for demonstration purposes only. Activities, programs and events vary by month and location. Contact us today to find a location near you.

Call us today at 1-866-959-4848

aspiralife.ca