


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Locations Legend</u></p> <p>Great Room (GR) Activity Room (AR) Theatre (TH) Front Desk (FD) Games Room (GAMR) Country Kitchen (CK) Fireside Lounge (FL) Courtyard Café (CAFE)</p>		<p>10:00 Gentle Fit & Stretch (AR) 1</p> <p>10:00 BUS: IMAX Theatre "Superhuman Body" (AR)</p> <p>10:45 You be the Judge (GR)</p> <p>2:00 Tamara's Baby Gender Reveal Tea (GR)</p> <p>3:15 A Picture is Worth a 1000 Words (GR)</p> <p>6:30 Card Game Night* (GR)</p> <p>National Seniors Day Active Aging Week</p>	<p>9:00 BUS: Medical Appointments & Swimming at Crystal Pool (FD) 2</p> <p>10:00 Falls Prevention Exercise with Dr. McNeill (AR)</p> <p>10:45 Trivia (GR)</p> <p>1:00 BUS: Shopping at Tillicum Mall (AR)</p> <p>2:00 Bingo (GR)</p> <p>3:15 Colouring & Conversation (GR)</p> <p>7:00 MOVIE: Gigi & Nate (TH)</p>	<p>10:00 Chair Pilates Exercise with Jenn (AR) 3</p> <p>2:30 Oktoberfest Happy Hour ft. The Elderly Brothers (GR)</p> <p>3:30 Pool Game* (GAMR)</p> <p>7:00 SERIES: Emily in Paris (TH)</p>	<p>10:00 Chair Yoga with Kathy (AR) 4</p> <p>1:00 Crib Tournament* (GR)</p> <p>2:00 Cops for Cancer Tour de Rock Ride Through (FD)</p> <p>3:00 Knitting Group* (GR)</p> <p>3:00 Music Bingo (GR)</p> <p>7:00 SERIES: "This Is Us" (TH)</p>	<p>10:00 Balls & Bands (AR) 5</p> <p>10:45 Fit Minds (AR)</p> <p>1:00 BUS: Oak Bay Village - Halloween Vintage Fair & Market (AR)</p> <p>3:00 Ping Pong* (AR)</p> <p>7:00 MOVIE: Forgotten Love (TH)</p>
<p>9:30 United Church Service Video (TH) 6</p> <p>10:00 Bridge Lessons (GR)</p> <p>3:00 Board Games* (GR)</p> <p>3:00 History Presentation with Eric: South Africa (TH)</p> <p>7:00 SERIES: "The Ranch" (TH)</p>	<p>10:00 Chair Tai Chi with Brenda (AR) 7</p> <p>11:00 Word Games (AR)</p> <p>1:30 Horseracing (GR)</p> <p>2:30 Bingo (GR)</p> <p>3:00 Knitting Group* (GR)</p> <p>7:00 DOCUMENTARY SERIES: Down to Earth (TH)</p>	<p>10:00 Gentle Fit & Stretch (AR) 8</p> <p>10:45 Did you know? Fun Facts Trivia (GR)</p> <p>1:00 ShakeOut BC: Earthquake Preparedness Talk (GR)</p> <p>2:00 Wine & Cheese Social ft. Victor Pasta (GR)</p> <p>3:15 Matching Cards Memory Game (GR)</p> <p>6:30 Card Game Night* (GR)</p>	<p>9:00 BUS: Medical Appointments & Swimming at Crystal Pool (FD) 9</p> <p>10:00 Exercise (AR)</p> <p>10:45 Trivia (GR)</p> <p>1:00 BUS: Stonehenge Exhibit at the BC Museum (AR)</p> <p>2:00 Bingo (GR)</p> <p>3:00 Dementia Discussions with Laurie & Judy (CK)</p> <p>7:00 MOVIE: Mahalia (TH)</p>	<p>8:00 Hearing Aid Cleaning Pick Up (FD) 10</p> <p>9:30 Spec Savers Complimentary Eye Glass Cleaning & Repair (GR)</p> <p>10:00 Chair Pilates Exercise with Jenn (AR)</p> <p>2:30 Happy Hour ft. Sean McCool (GR)</p> <p>3:30 Shuffleboard* (GAMR)</p> <p>7:00 SERIES: Emily in Paris (TH)</p>	<p>9:30 - 5:00pm BC Election Voting Station (GAMR) 11</p> <p>10:00 Chair Yoga with Kathy (AR)</p> <p>1:00 Story Sharing/Memoir Writing (FL)</p> <p>3:00 Knitting Group* (GR)</p> <p>7:00 SERIES: "This Is Us" (TH)</p>	<p>10:00 Saturday Stroll: Pavilion 1st Floor* (AR) 12</p> <p>2:00 Euchre* (GR)</p> <p>3:00 Coffee & Colouring* (GR)</p> <p>7:00 MOVIE: Family Switch (TH)</p>
<p>9:30 United Church Service Video (TH) 13</p> <p>10:00 Bridge Lessons (GR)</p> <p>2:30 MATINEE: The Day After Tomorrow (TH)</p> <p>3:00 Board Games* (GR)</p> <p>7:00 SERIES: "The Ranch" (TH)</p>	<p>10:00 Crosswords* (GR) 14</p> <p>2:00 Ping Pong* (AR)</p> <p>3:00 Knitting Group* (GR)</p> <p>7:00 DOCUMENTARY SERIES: Down to Earth (TH)</p> <p>Thanksgiving</p>	<p>10:00 Gentle Fit & Stretch (AR) 15</p> <p>10:45 You be the Judge (GR)</p> <p>2:00 Vancouver Island Wine Tasting (GR)</p> <p>2:45 P.A.T.S. Dog Visit (GR)</p> <p>3:15 Dr. Clem: Healthy Aging Workshop (TH)</p> <p>6:30 Card Game Night* (GR)</p>	<p>9:00 BUS: Medical Appointments & Swimming at Crystal Pool (FD) 16</p> <p>10:00 Falls Prevention Exercise with Dr. McNeill (AR)</p> <p>10:45 Trivia (GR)</p> <p>1:00 BUS: Halloween Costume Shopping at Value Village (AR)</p> <p>2:00 Bingo (GR)</p> <p>3:15 Colouring & Conversation (GR)</p> <p>7:00 MOVIE: Miracle Season (TH)</p>	<p>10:00 Chair Pilates Exercise with Jenn (AR) 17</p> <p>1:30 Food Meeting with Kevin (CAFE)</p> <p>2:30 Happy Hour ft. Joyz & the Boyz (GR)</p> <p>3:30 Pool Game* (GAMR)</p> <p>7:00 SERIES: Emily in Paris (TH)</p> <p>ShakeOut BC</p>	<p>10:00 Balls & Bands (AR) 18</p> <p>11:00 Shut the Box! (GR)</p> <p>1:00 Crib Tournament* (GR)</p> <p>1:30 Ted Talk (TH)</p> <p>3:00 Knitting Group* (GR)</p> <p>3:00 Music Bingo (GR)</p> <p>7:00 SERIES: "This Is Us" (TH)</p>	<p>10:00 Balls & Bands (AR) 19</p> <p>10:45 Fit Minds (AR)</p> <p>1:00 BUS: Cordova Bay Scenic Drive (AR)</p> <p>3:00 Arts & Crafts: Mini Pumpkin Decorating (AR)</p> <p>7:00 MOVIE: 50 to 1 (TH)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 United Church Service Video (TH) 20 10:00 Bridge Lessons (GR) 2:30 MATINEE: His Three Daughters (TH) 3:00 Board Games* (GR) 7:00 SERIES: "The Ranch" (TH)	10:00 Chair Tai Chi with Brenda (AR) 21 10:45 Matching Cards Memory Game (GR) 1:30 Horseracing (GR) 2:30 Bingo (GR) 3:00 Knitting Group* (GR) 7:00 DOCUMENTARY SERIES: Down to Earth (TH)	9:30 -3pm Flu/COVID Vaccination Clinic (TH) 22 10:00 Gentle Fit & Stretch (AR) 2:45 BUS: Ghost Bus Tour (AR) 6:30 Card Game Night* (GR)	9:00 BUS: Medical Appointments & Swimming at Crystal Pool (FD) 23 10:00 Falls Prevention Exercise with Dr. McNeill (AR) 10:45 Trivia (GR) 1:00 BUS: Shopping at Hillside Mall (AR) 2:00 Bingo (GR) 3:00 Dementia Discussions with Laurie & Judy (CK) 7:00 MOVIE: The Adam Project (TH)	10:00 Chair Pilates Exercise with Jenn (AR) 24 1:30 Town Hall Meeting (GR) 2:30 Happy Hour ft. Seabreeze (GR) 3:30 Shuffleboard* (GAMR) 7:00 SERIES: Emily in Paris (TH)	10:00 Balls & Bands (AR) 25 11:00 Shut the Box! (GR) 1:00 Story Sharing/Memoir Writing (FL) 2:00 Who or What Am I? Trivia (GR) 3:00 Knitting Group* (GR) 3:00 Music Bingo (GR) 7:00 SERIES: "This Is Us" (TH)	10:00 Drumfit Exercise (AR) 26 10:45 Fit Minds (AR) 2:00 Autumn Hot Apple Cider Social (GR) 3:00 Ping Pong* (AR) 7:00 MOVIE: Gifted (TH)
9:30 United Church Service Video (TH) 27 10:00 Bridge Lessons (GR) 2:30 MATINEE: Rebecca (TH) 3:00 Board Games* (GR) 7:00 SERIES: "The Ranch" (TH)	10:00 Exercise (AR) 28 10:45 Did you know? Fun Facts Trivia (GR) 1:30 Horseracing (GR) 2:30 Bingo (GR) 3:00 Knitting Group* (GR) 7:00 DOCUMENTARY SERIES: Down to Earth (TH)	10:00 Gentle Fit & Stretch (AR) 29 10:45 You be the Judge (GR) 2:00 Birthday Social ft. Byron Woods (GR) 3:15 Show & Share (GR) 6:30 Card Game Night* (GR)	9:00 BUS: Medical Appointments & Swimming at Crystal Pool (FD) 30 10:00 Falls Prevention Exercise with Dr. McNeill (AR) 10:45 Trivia (GR) 1:00 BUS: Shopping at Westshore Mall (AR) 2:00 Bingo (GR) 3:15 Colouring & Conversation (GR) 7:00 MOVIE: The Tourist (TH)	10:00 Chair Pilates Exercise with Jenn (AR) 31 2:15 Halloween Costume Contest (GR) 2:30 Halloween Happy Hour ft. The Shannon Rae Trio (GR) 3:30 Pool Game* (GAMR) 7:00 SERIES: Emily in Paris (TH) Halloween		

MEAL TIMES:
Breakfast 7:30am - 9:00am
Lunch 11:15am - 12:30pm
Dinner 4:15pm - 5:30pm
Courtyard Café
7:30am - 3:00pm
5:00pm-6:30pm

TUCK SHOP:
Monday, Wednesday & Friday
2:00 - 3:00pm
ARLENE'S SALON:
Wednesdays & Thursdays
10:00am-5:00pm
BINGO 25 cents a card
HORSERACING 10 cents per game
HAPPY HOUR \$2 drink donation

 * Denotes resident led activity

Locations Legend
 Great Room (GR)
 Activity Room (AR)
 Theatre (TH)
 Front Desk (FD)
 Games Room (GAMR)
 Country Kitchen (CK)
 Fireside Lounge (FL)
 Courtyard Café (CAFE)

