







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>October 2024</h1>		1 10:15 – Brain Games - PDR 1:30- Shopping Trip to Woodgrove Center *Sign up list at reception	2 10:30 – Fitness with Bev – 2 nd Floor 2:00pm – Resident Town Hall Meeting & Popsicle Social - Dining Room <small>Rosh Hashanah Begins</small>	3 10am - Food Committee Meeting-Dining Room 2pm Oktoberfest Beer Tasting – Dining Room	4 Shawn's away Today 2pm – Games Hour - 2 nd Floor	5 Saturday Ideas To Do ↓
6 6:30- CRIB & CARDS - PDR	7 10:30 – Sit & Be Fit – 2 nd Floor 2pm – BINGO! – 2 nd Floor	8 10:15 – Brain Games - PDR 1:30- Stitch 'n B*tch - 2 nd Floor	9 10:30 –Fitness with Bev – 2 nd Floor 2pm – Birthday Tea with Marty - Dining Room 	10 11:30 Lunch Outing to Cottonwood Golf *Sign up list at reception 2:00pm- Bean Bag Toss - 2 nd Floor	11 10:15 – News & Views with Shawn – 2 nd Floor 2pm- Happy Hour☺ - Dining Room <small>Yom Kippur Begins</small>	12 LIBRARY PUZZLES
13 6:30- CRIB & CARDS - PDR	14 	15 1-4pm VOTING DAY - Chapel 10:15 – Brain Games - PDR 1:30- Stitch 'n B*tch - 2 nd Floor	16 10:30 –Fitness with Bev – 2 nd Floor 2pm- Brechin Church Hymn Sing -Chapel <small>Sukkot Begins</small>	17 10:15 – Fall Walk with Shawn 2pm- Scenic Drive *Sign up list at reception	18 10:00 Games & Chat with Students from Nanaimo Christian School – 2 nd Floor 2pm –Giant Crossword - PDR	19 CARDS SCRABBLE
20 6:30- CRIB & CARDS - PDR	21 10:30 – Sit & Be Fit – 2 nd Floor 2pm – BINGO! – 2 nd Floor	22 11:30 Lunch Outing to “Milano’s” *Sign up list at reception 1:30- Stitch 'n B*tch - 2 nd Floor	23 10:30 –Fitness with Bev – 2 nd Floor 2pm – Nanaimo History Chat – 2 nd Floor	24 10:15- Trivia – PDR 2pm – BINGO! – 2 nd Floor <small>Simchat Torah Begins</small>	25 10:15 – News & Views with Shawn – 2 nd Floor 2pm- Happy Hour☺ - Dining Room	26 WALKS CANUCKS HOCKEY
27 6:30- CRIB & CARDS - PDR	28 10:30 – Sit & Be Fit – 2 nd Floor 2pm – BINGO! – 2 nd Floor	29 10:15 – Brain Games - PDR 2pm – Travel Show Rick Steeves – Germany - IL Dining Room	30 10:30 –Fitness with Bev – 2 nd Floor 2pm – Pumpkin Carving – 2 nd Floor 	31 2pm Halloween Happy Hour <i>free to those in costume</i> – IL Dining Room <small>Halloween</small>	<h2>Independent Living</h2>	





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>October 2024</h1> <p>Wexford Creek Cottage Activity Calendar</p>		<p>10:30 AM – Sit and be Fit or Ball Games (C2)</p> <p>1:15 PM – Ball Games (C3)</p> <p>1:30 PM- Art with Kyler (C1)</p> <p>2:00 PM – Men’s Club (C2)</p>	<p>10 AM Artist’s Corner (C3)</p> <p>1:30 PM – Bocce (C2)</p> <p>2:30 PM – Kyler’s Corner (C1)</p> <p>Rosh Hashanah Begins</p>	<p>10 AM – Sit & be Fit (C3)</p> <p>11 am –Kyler’s Corner (C2)</p> <p>1:30 PM – Table Games (C1)</p>	<p>10 AM – Java Music (C3)</p> <p>1:15 AM – Java Music (C1)</p> <p>2 PM – Discovery Box (C2)</p>	<p>1 PM – Saturday Bocce (C2)</p>
	<p>10:30 AM - Rec Program (C3)</p> <p>10:30 AM- Sit and Be Fit (C1)</p> <p>1:15 PM – Fran’s Corner (C3)</p> <p>2 PM – Mingle with F(C2)</p> <p>2 PM – Rec Program (C1)</p>	<p>10:30 AM – Sit and be Fit or Ball Games (C2)</p> <p>1:15 PM – Ball Games (C3)</p> <p>1:30 PM- Art with Kyler (C1)</p> <p>2:00 PM – Men’s Club (C2)</p>	<p>12:30 PM – Gail’s Corner (C1)</p>	<p>10 AM – Sit & be Fit (C3)</p> <p>10:30 – Catholic Mass</p> <p>11 am – Art with Kyler (C2)</p> <p>1:30 PM – Table Games (C1)</p>	<p>10 AM – Discovery Box (C3)</p> <p>1:15 AM – Discovery Box (C1)</p> <p>2 PM – Java Music Club (C2)</p> <p>Yom Kippur Begins</p>	<p>1 PM – Saturday Bocce (C2)</p>
	<p>10:30 AM- Sit and Be Fit (C1)</p> <p>1:15 PM – Fran’s Corner (C3)</p> <p>2 PM – Mingle with F(C2)</p> <p>Thanksgiving Day (Canada) Indigenous Peoples’ Day Columbus Day (US)</p>	<p>10:30 AM – Sit and be Fit or Ball Games (C2)</p> <p>1 PM – 4 PM Voting at Wexford</p> 	<p>10 AM Artist’s Corner (C3)</p> <p>12:30 PM – Gail’s Corner (C1)</p> <p>1:00 PM – Bocce (C2)</p> <p>Sukkot Begins</p>	<p>10 AM – Sit & be Fit (C3)</p> <p>10:30 am – Resident Council Meeting</p> <p>11 am – Art with Kyler (C2)</p> <p>1:30 PM – Table Games (C1)</p> 	<p>1:15 AM – Java Music (C1)</p> <p>2 PM – Discovery Box (C2)</p>	<p>1 PM – Saturday Bocce (C2)</p>
	<p>10:30 AM- Sit and Be Fit (C1)</p> <p>1:15 PM – Fran’s Corner (C3)</p> <p>2 PM – Mingle with F(C2)</p>	<p>10:30 AM – Sit and be Fit or Ball Games (C2)</p> <p>1:15 PM – Ball Games (C3)</p> <p>1:30 PM- Art with Kyler (C1)</p> <p>2:00 PM – Men’s Club (C2)</p>	<p>10 AM Artist’s Corner (C3)</p> <p>1:30 PM – Bocce (C2)</p> <p>2:30 PM – Myrna’s Corner (C1)</p>	<p>10 AM – Sit & be Fit (C3)</p> <p>11 am –Kyler’s Corner (C2)</p> <p>1 – 3 pm – Musical Entertainment from Keith (c1, c2, c3)</p> <p>Simchat Torah Begins</p>	<p>10 AM – Java Music (C3)</p> <p>1:30 pm - Birthday Party</p> 	<p>1 PM – Saturday Bocce (C2)</p>
	<p>10:30 AM- Sit and Be Fit (C1)</p> <p>1:15 PM – Fran’s Corner (C3)</p> <p>2 PM – Mingle with F(C2)</p>	<p>10:30 AM – Sit and be Fit or Ball Games (C3)</p> <p>1 PM – Halloween Party (C1)</p> <p>3 PM – Halloween Party</p> 	<p>10 AM Artist’s Corner (C1)</p> <p>1 PM – Halloween Party (C3)</p> 	<p>10 AM – Sit & be Spooky Fit (C3)</p> <p>11 am –Kyler’s Scary Corner (C2)</p> 		

Please note the calendar is subject to change.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

October 2024

Wexford Creek
1st Floor Activity Calendar






	<p>1</p> <p>1:30 PM – Java Music</p> <p>3 PM – Coffee & Connection</p> <p>6 PM – After Dinner Games or Flower Arranging</p>	<p>2</p> <p>10 AM - Word Games</p> <p>11 AM – Walking Program</p> <p>1:30 pm – St. Phillips Hymn Sing</p> <p><small>Rosh Hashanah Begins</small></p>	<p>3</p> <p>10 AM- Balloon Ball</p> <p>11 AM – News on the Go</p> <p>1:30 PM – Short Stories</p>	<p>4</p> <p>10 AM – Trips to the Tuck Shop</p> <p>11am – Podcast & Discussion</p> <p>11 am – Walking program</p> <p>1:30 pm – Snoezelen Experience</p>	<p>5</p> <p>10 AM – Morning Mingle and Rounds; Good News (1 & 2)</p> <p>2:00 PM – Afternoon Games</p>
<p>6</p> <p>1:15 PM - Fran's Corner</p> <p>2:15 PM - BINGO</p>	<p>7</p> <p>9:30 AM - Walking Program</p> <p>10 AM - Chair Exercise with Michelle</p> <p>11 AM – News on the Go</p> <p>3 PM – Billiards</p>	<p>8</p> <p>1:30 PM – Java Music</p> <p>3 PM – Coffee & Connection</p> <p>6 PM – After Dinner Games or Flower Arranging</p>	<p>9</p> <p>11 AM – Walking Program</p> <p>2 pm – Birthday Party</p>  <p>3PM – Fall Decorating</p>	<p>10</p> <p>10:30 – Catholic Mass</p> <p>11 AM – News on the Go</p> <p>1:30 PM – Short Stories</p>	<p>11</p> <p>10:30 am - Musical Entertainment from Keith</p> <p>11 am – Walking program</p> <p>1:30 pm – Snoezelen Experience</p> <p><small>Yom Kippur Begins</small></p>
<p>13</p> <p>2:15 PM - BINGO</p>	<p>14</p> <p>9:30 AM - Walking Program</p> <p>10 AM - Chair Exercise with Michelle</p> <p>11 AM – News on the Go</p> <p>3 PM – Billiards</p> <p><small>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</small></p>	<p>15</p> <p>1:30 pm - Baptist Hymn Sing with John & Erwin</p> <p>1 – 4 Voting at Wexford</p>  <p>6 PM – After Dinner Games or Flower Arranging</p>	<p>16</p> <p>10 AM - Name that Tune</p> <p>11 AM – Walking Program</p> <p><small>Sukkot Begins</small></p>	<p>17</p> <p>10: 30 AM – Resident Council Meeting</p> <p>11 AM – News on the Go</p> <p>1:30 PM – Short Stories</p> 	<p>18</p> <p>10 AM – Student Visit</p> <p>12:30 - Trips to the Tuck Shop</p>
<p>20</p> <p>1:15 PM - Fran's Corner</p> <p>2:15 PM - BINGO</p>	<p>21</p> <p>9:30 AM - Walking Program</p> <p>10 AM - Chair Exercise with Michelle</p> <p>11 AM – News on the Go</p> <p>3 PM – Billiards</p>	<p>22</p> <p>1:30 PM – Java Music</p> <p>3 PM – Coffee & Connection</p> <p>6 PM – After Dinner Games or Flower Arranging</p>	<p>23</p> <p>10 AM - Word Games</p> <p>11 AM – Walking Program</p>	<p>24</p> <p>10 AM- Balloon Ball</p> <p>11 AM – News on the Go</p> <p>1:30 PM – Short Stories</p> <p><small>Simchat Torah Begins</small></p>	<p>25</p> <p>10 AM – Trips to the Tuck Shop</p> <p>11am – Podcast & Discussion</p> <p>11 am – Walking program</p>
<p>27</p> <p>2:15 PM - BINGO</p>	<p>28</p> <p>9:30 AM - Walking Program</p> <p>10 AM - Chair Exercise with Michelle</p> <p>11 AM – News on the Go</p> <p>3 PM – Billiards</p>	<p>29</p> <p>6 PM – After Dinner Games or Flower Arranging</p>	<p>30</p> <p>10 AM - Word Games</p> <p>11 AM – Walking Program</p>	<p>31</p> <p>10 AM- Balloon Ball</p> <p>11 AM – News on the Go</p> <p>1:PM – Halloween Party</p> 	

Please note the calendar is subject to change.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

October 2024

Wexford Creek
2nd Floor Activity Calendar

		<p>1</p> <p>10 AM - Chair Exercise with Michelle</p> <p>11 AM –Magazine cart</p> <p>3 PM – Coffee & Connect</p>	<p>2</p> <p>10 AM – BINGO</p> <p>11 AM – News on the Go</p> <p>11 AM – Walking Program</p> <p>3 PM – Short Stories</p> <p><small>Rosh Hashanah Begins</small></p>	<p>3</p> <p>10 AM – Balloon Ball</p> <p>11 AM – Discover Boxes</p> <p>3:00 PM – Java Music</p>	<p>4</p> <p>10 AM – Trips to the Tuck Shop</p> <p>11 am – Walking program</p> <p>1:30 pm – Snoezelen Experience</p>	<p>5</p> <p>10 AM – Morning Mingle and Rounds; Good News (1 & 2)</p> <p>2:00 PM – Afternoon Social</p>
<p>6</p> <p>10:30 AM – Sunday Morning Connections</p>	<p>7</p> <p>9:30 AM - Walking Program</p> <p>10 AM – Word Games</p> <p>1:30 PM – Sing Along</p>	<p>8</p> <p>10 AM - Chair Exercise with Michelle</p> <p>11 AM –Magazine cart</p> <p>3 PM – Coffee & Connect</p>	<p>9</p> <p>10 AM – Name that Tune</p> <p>11 AM – News on the Go</p> <p>11 AM – Walking Program</p>	<p>10</p> <p>10:30 – Catholic Mass</p> <p>3:00 PM – Java Music</p>	<p>11</p> <p>10:30 AM – Trips to the Tuck Shop</p> <p>11:30 AM – Walking program</p> <p>1:30 PM – Snoezelen Experience</p> <p><small>Yom Kippur Begins</small></p>	<p>12</p> <p>10 AM – Morning Mingle and Rounds; Good News (1 & 2)</p> <p>2:00 PM – Afternoon Social</p>
<p>13</p> <p>10:30 AM – Sunday Morning Connections</p> <p>1:15 PM – Men’s Club</p>	<p>14</p> <p>9:30 AM - Walking Program</p> <p>10 AM – Word Games</p> <p>1:30 PM – Hymn Sing</p> <p><small>Thanksgiving Day (Canada) Indigenous Peoples’ Day Columbus Day (US)</small></p>	<p>15</p> <p>10 AM - Chair Exercise with Michelle</p> <p>11 AM –Magazine cart</p> <p>1 – 4 Voting at Wexford</p> 	<p>16</p> <p>11 AM – News on the Go</p> <p>11 AM – Walking Program</p> <p>2 pm – Birthday Party</p>  <p><small>Sukkot Begins</small></p>	<p>17</p> <p>11 am – Resident Council Meeting</p> <p>3:00 PM – Java Music</p> 	<p>18</p> <p>10 AM – Students Visit</p> <p>2:00 pm – Musical Entertainment with Greg</p>	<p>19</p> <p>10 AM – Morning Mingle and Rounds; Good News (1 & 2)</p> <p>2:00 PM – Afternoon Social</p>
<p>20</p> <p>10:30 AM – Sunday Morning Connections</p>	<p>21</p> <p>9:30 AM - Walking Program</p> <p>10 AM – Word Games</p> <p>1:30 PM – Sing Along</p>	<p>22</p> <p>10 AM - Chair Exercise with Michelle</p> <p>11 AM –Magazine cart</p> <p>3 PM – Coffee & Connect</p>	<p>23</p> <p>10 AM – BINGO</p> <p>11 AM – News on the Go</p> <p>11 AM – Walking Program</p> <p>3 PM – Short Stories</p>	<p>24</p> <p>10 AM – Balloon Ball</p> <p>11 AM – Discover Boxes</p> <p>3:00 PM – Java Music</p> <p><small>Simchat Torah Begins</small></p>	<p>25</p> <p>10 AM – Trips to the Tuck Shop</p> <p>10:30 AM – Discussion Group</p> <p>11 am – Walking program</p>	<p>26</p> <p>10 AM – Morning Mingle and Rounds; Good News (1 & 2)</p> <p>2:00 PM – Afternoon Social</p>
<p>27</p> <p>10:30 AM – Sunday Morning Connections</p> <p>1:15 PM – Men’s Club</p>	<p>28</p> <p>9:30 AM - Walking Program</p> <p>10 AM – Word Games</p> <p>1:30 PM – Sing Along</p>	<p>29</p> <p>10 AM - Chair Exercise with Michelle</p> <p>11 AM –Magazine cart</p>	<p>30</p> <p>10 AM – BINGO</p> <p>11 AM – News on the Go</p> <p>11 AM – Walking Program</p> <p>3 PM – Halloween Party</p> 	<p>31</p> <p>10 AM – Balloon Ball</p> <p>11 AM – Mystery Discover Boxes</p> <p>3:00 PM – Spooky Java Music</p> 		

Please note the calendar is subject to change.