

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--|---|--|
|  | <p>1 9:45 S.A.I.L Exercise 10:30 Resident Council 2:00 Appy Hour</p> <p><i>Happy Birthday Marg and Steve</i></p> | <p>2 9:45 S.A.I.L Exercise 10:30 Exercise 2:00 Craft: Leaf Print Bag</p> | <p>3 9:45 S.A.I.L Exercise 10:30 You be the Judge 2:30 A.V. Cloggers</p> | <p>4 9:45 S.A.I.L Exercise 10:30 Exercise 2:00 Civic Election Info</p> | <p>5 9:45 S.A.I.L Exercise 10:30 Coffee Chat 2:00 Bowling</p> | 6 |
| <p>7 10:30 Hymn Sing 2:00 Bingo</p> | <p>8  <i>Happy Thanksgiving!</i> Columbus Day (US) Thanksgiving Day (Canada)</p> | <p>9 9:45 S.A.I.L Exercise 10:30 Movement Made Simple 1:00 Funny Videos</p> | <p>10 9:45 S.A.I.L Exercise 10:00 Yoga with Jane 2:00 Craft: Spider Web</p> | <p>11 9:45 S.A.I.L Exercise 10:30 Puzzle Time 1:30 Baking 3:00 Sampling</p> | <p>12 9:45 S.A.I.L Exercise 10:00 Music Therapy 2:00 Trinity Church</p> | <p>13 10:30 Sittercise 2:00 Bingo</p> |
| <p>14 10:30 Chair Fit 2:00 Nerf Gun Target Shoot</p> | <p>15 9:45 S.A.I.L Exercise 10:00 Craft 2:00 Curling</p> | <p>16 9:45 S.A.I.L Exercise 10:30 Zumba 2:00 Baggo <i>Happy Birthday Peggy</i></p> | <p>17 9:45 S.A.I.L Exercise 10:30 Jeopardy 2:00 Curling <i>Happy Birthday Raphael</i></p> | <p>18 9:45 S.A.I.L Exercise 10:30 Persons Day Coffee Chat 1:30 Jim and Babs Sing a Long</p> | <p>19 9:45 S.A.I.L Exercise 10:30 Cahir Dancing 1:30 Peter Schroeder</p> | <p>20 10:30 Sittercise 2:00 Bingo</p> |
| <p>21 10:30 Zumba 2:00 Scrabble</p> | <p>22 9:45 S.A.I.L Exercise 10:30 Coffee Chat 1:30 A V Fiddlers</p> | <p>23 9:45 S.A.I.L Exercise 10:30 Simply Stretch 2:00 Arm Chair Traveller</p> | <p>24 10:00 Yoga with Jane 2:00 Movie</p> | <p>25 9:45 S.A.I.L Exercise 10:30 Notre Dame Church 2:00 Canoe Journey <i>Happy Birthday Pauline</i></p> | <p>26 9:45 S.A.I.L Exercise 10:00 Music Therapy 2:00 Tool Time: Power Tool Pumpkin Carving</p> | <p>27 9:00 Baking Pumpkin Seeds, Pumpkin Bread 10:30 Sampling 2:00 Bingo <i>Happy Birthday Ben</i></p> |
| 28 | <p>29 9:45 S.A.I.L Exercise 10:30 Tai Chi 2:00 Crafts: Masks</p> | <p>30 9:45 S.A.I.L Exercise 10:30 Puzzle Time 2:00 Funny Videos</p> | <p>31 9:45 S.A.I.L Exercise 10:30 Exercise 2:00 Halloween Party Halloween</p> |  <p>October 2018 <i>Autumn is a second spring, where every leaf is a flower</i></p> | | |