

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2019

*"I'm so glad I live in a world where there are Octobers"-
L.M. Montgomery, Ann of Green Gables*

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| | <p>1</p> <p>9:30 Travelling Treasure Cart in Victoria 9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 1:00 In the News Victoria Lounge 2:00 Anglican Church Service In the Chapel 3:00 Balloon Badminton Ottawa Lounge 6:00 Music with Corby Kemp In the Victoria Lounge</p> | <p>2</p> <p>9:30 Travelling Treasure Cart in Victoria 10:00 Yoga with Vana Ottawa Lounge 1:30 Euchre Ottawa Lounge 3:00 Hand Therapy Ottawa Tea Room 7:00 Entertainment in the Lobby Decorating For Fall</p> | <p>3</p> <p>9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 1:00 Games and Puzzles Victoria Harbour Lounge 2:00 Adult Colouring Victoria Harbour Lounge 3:00 Hand Massages Ottawa Lounge</p> | <p>4</p> <p>9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 1:00 Sing A Long Victoria Lounge 2:00 Movie Afternoon Victoria Lounge 3:00 Trivia Ball Ottawa Lounge 7:00 Happy Hour in The Lobby</p> | <p>5</p> <p>7:00 Saturday Night Sing A Long Victoria Lounge</p> |
| <p>6</p> <p>11:00 Holy Rosary In the Chapel</p> | <p>7</p> <p>9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 1:15 Scrabble Ottawa Lounge 1:30 In the News Victoria Lounge 3:30 Thanksgiving Trivia Ottawa Lounge</p> | <p>8</p> <p>9:15 Physio Exercises Recreation Room 9:15 Short Stories Victoria Lounge 9:50 Physio Exercises Victoria Harbour Lounge 10:30 Mini Craft Corner "Dunkin Pumpkins" In the Victoria Harbour Lounge 2:00 Bingo Victoria Lounge 3:30 Balloon Badminton Ottawa Lounge 6:00 Music with Corby Kemp In the Victoria Lounge</p> | <p>9</p> <p>9:45 Coffee and Donuts Ottawa Lounge 10:00 Residence General Meeting Ottawa Lounge 1:30 Euchre Ottawa Lounge 2:00 Family Feud Victoria Lounge 3:00 Hand Therapy Ottawa Tea Room 7:00 Entertainment in the Lobby Yom Kippur</p> | <p>10</p> <p>9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 10:30 Baking Pumpkin Spice Loaf In the Victoria Harbour Lounge 2:00 Adult Colouring Victoria Harbour Lounge 3:00 Hand Massages Ottawa Lounge</p> | <p>11</p> <p>9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 12:00 Comfort Food Luncheon Ottawa Tea Room 2:00 Movie Afternoon Victoria Lounge 7:00 Happy Hour in The Lobby</p> |
| <p>13</p> <p>11:00 Holy Rosary In the Chapel</p> | <p>14</p>  <p><i>Happy Thanksgiving</i></p> <p>Columbus Day (US) Thanksgiving Day (Canada) Sukkot</p> | <p>15</p> <p>9:30 Travelling Treasure Cart in Victoria 9:15 Physio Exercises Recreation Room 9:15 Short Stories Victoria Lounge 9:50 Physio Exercises Victoria Harbour Lounge 10:30 Mini Craft Corner "Dunkin Pumpkins" In the Victoria Harbour Lounge 2:00 Bingo Victoria Lounge 2:00 Anglican Church Service In the Chapel 3:30 Balloon Badminton Ottawa Lounge</p> | <p>16</p> <p>9:30 Travelling Treasure Cart in Victoria 10:00 Yoga with Vana Ottawa Lounge 1:30 Euchre Ottawa Lounge 2:00 Family Feud Victoria Lounge 3:00 Hand Therapy Ottawa Tea Room 7:00 Entertainment in the Lobby</p> | <p>17</p> <p>9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 10:30 Baking Cookies In the Victoria Harbour Lounge 2:00 Adult Colouring Victoria Harbour Lounge 3:00 Hand Massages Ottawa Lounge</p> | <p>18</p> <p>9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 2:00 Birthday Party Recreation Room 7:00 Happy Hour in The Lobby</p> |
| <p>20</p> <p>11:00 Holy Rosary In the Chapel</p> | <p>21</p> <p>9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 1:15 Scrabble Ottawa Lounge</p> | <p>22</p> <p>9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 10:30 Mini Craft Corner -Halloween Masks In the Victoria Harbour Lounge 2:00 Bingo Victoria Lounge 3:30 Balloon Badminton Ottawa Lounge 6:00 Music with Corby Kemp In the Victoria Lounge Simchat Torah</p> | <p>23</p> <p>9:30 Travelling Treasure Cart in Victoria 10:00 Yoga with Vana Ottawa Lounge 1:30 Euchre Ottawa Lounge 2:00 Family Feud Victoria Lounge 3:00 Hand Therapy Ottawa Tea Room 7:00 Entertainment in the Lobby</p> | <p>24</p> <p>9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 10:30 In the News Victoria Lounge 2:00 Adult Colouring Victoria Harbour Lounge 3:00 Hand Massages Ottawa Lounge</p> | <p>25</p> <p>9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 10:30 Brain Teasers Victoria Lounge 2:00 Movie Afternoon Victoria Lounge 7:00 Happy Hour in The Lobby</p> |
| <p>27</p> <p>11:00 Holy Rosary In the Chapel</p> | <p>28</p> <p>9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 1:15 Scrabble Ottawa Lounge 2:00 Spooky Tales Ottawa Lounge 3:30 Friendly Visits Victoria</p> | <p>29</p> <p>9:15 Physio Exercises Recreation Room 9:30 Travelling Treasure Cart in Victoria 9:50 Physio Exercises Victoria Harbour Lounge 10:30 Mini Craft Corner-"Picasso Pumpkins" In the Victoria Harbour Lounge 2:00 Bingo Victoria Lounge 3:30 Balloon Badminton Ottawa Lounge</p> | <p>30</p> <p>9:30 Travelling Treasure Cart in Victoria 10:00 Yoga with Vana Ottawa Lounge 1:30 Euchre Ottawa Lounge 2:00 Family Feud Victoria Lounge 3:00 Hand Therapy Ottawa Tea Room 7:00 Entertainment in the Lobby</p> | <p>31</p> <p>9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 2:00 Halloween Party "Spooktacular Boo Bash" In the Auditorium Halloween</p> |  |