

ACTIVITY CALENDAR October 5 to October 15

| <p>Due to the continuing activity of the COVID-19 virus, we are taking all necessary Precautions and guideless as outlined by the Ministry, to protect our residents And staff. As a result, it has been advised that we practice social distancing and Offer daily visits, hallway activities, small group sign up activities.</p> <p>We will be Postponing Volunteer services and large group programs (such as BINGO) and card games (such as Euchre) that involve touching surfaces that can't Easily cleaned, until further notice.</p> <p>These changes are meant as a preventative measure during a serious time. We thank you for all your patience, understanding and cooperation.</p> | MONDAY OCTOBER 5 | TUESDAY OCTOBER 6 | WEDNESDAY OCTOBER 7 | THURSDAY OCTOBER 8 |
|---|--|---|--|--|
| | <p>9:15 Reminiscing (ALA) 10:30 Morning outdoor Strolls 2:00-4:00 Video Calling as per family request*</p> | <p>DR VISIT 9:15 Story Time (ALA) 10:15 Morning Outdoor Strolls 1:30 Walking Down Memory Lane (Sign up at Reception) 2:45 Hallway Bingo (Peel + Upper and Lower Caledon) 6:30 Inspirational Stories to Feed the soul (Sign up at Reception)</p> | <p>9:15 Morning Strolls (ALA) 10:15 Exercise Class (Sign up at Reception) 1:30 Ipad Class (Sign up at Reception) 2:30 Outdoor Entertainment (Sign up at Reception)</p> | <p>Pierogi Day 9:15 Board Games (ALA) 10:15 Yoga (Sign up at Reception) 1:30 Hallway Bingo (Brampton + Fletcher) 2:30 Outdoor Entertainment (Sign up at Reception)</p> |

* Due to the activity of COVID-19 and guidelines changing on a regular basis, we will be posting the activity calendar for 1-2 weeks at a time (as we continue to receive further updates). We thank you again for your patience and understanding during this time
Reminder: **SMILE!** "Life isn't about waiting for the storm to pass...it's learning to dance in the rain".

| FRIDAY OCTOBER 9 | SATURDAY OCTOBER 10 | SUNDAY OCTOBER 11 | MONDAY OCTOBER 12 | TUESDAY OCTOBER 13 | WEDNESDAY OCTOBER 14 | THURSDAY OCTOBER 15 |
|---|--|--|---|--|--|---|
| <p>DR VISIT 9:15 Morning Strolls (ALA) 10:15 Exercise Class (Sign up at Reception) 1:30 What are you thankful for? (Sign up at Reception) 2:45 Hallway Movement (Peel+ Upper and lower Caledon)</p> | <p>10:30 Daily Activity Booklet (Available at Reception)</p> | <p>10:30 Daily Activity Booklet (Available at Reception)</p> | <p>HAPPY THANKSGIVING 9:15 Chair Zumba (ALA) 10:15 Thanksgiving Trivia (Sign up at Reception) 1:30 Thanksgiving Discussion (Sign up at Reception) 2:45 Fall Painting (Sign up at Reception)</p> | <p>DR VISIT 9:15 Reminiscing (ALA) 10:15 Morning Outdoor Strolls 1:30 Guess the Apple (Sign up at Reception) 2:45 Hallway Movement (Peel+ Upper and lower Caledon) 6:30 Oldy Goldy Sing-Along (Sign up at Reception)</p> | <p>Dessert Day 9:15 Morning Strolls (ALA) 10:15 Exercise Class (Sign up at Reception) 1:30 October Trivia (Sign up at Reception) 2:45 Hallway Movement (Brampton + Fletcher)</p> | <p>9:15 Morning Visits (ALA) 10:15 Beginners Tai Chi (Sign up at Reception) 1:30 Are you smarter than a 5th grader? (Sign up at Reception) 2:45 Hallway Bingo (Peel+ Upper and lower Caledon)</p> |

