







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 Sit and Be Fit~TTL 10:40 Baking~TTL "Apple Crisp" 2:00 Bingo~TTL 3:00 Apple Crisp Tasting~TTL 3:30 Painting Group~8 th Fl	2 9:30 Ros&Comm~5thfl 10:00 Sit and Be Fit~TTL 10:45 Garden Clean Up 12:30 Bus Outing to Value Village in Langley 2:00 Hymn Sing ~TTL 3:00 Wii Bowling ~TTL	3 8 - 4 Mobility Clinic ~TTL By Appointment Only	4 10:00 Bus Outting to Aldor Acres ~sign up 2:00 Bingo~TTL 3:00 Board Games~TTL	5 2:30 Tea Time and Movie Matinee~TTL "Tracks Ahead" -every aspect of the railroads of the world
6 COMMUNION 10:00 Worship Service In Chapel 2:30 Manicures ~ TTL	7 9:00 BLT Breakfast~TTL 10:15 Sit and Be Fit 10:40 Crosswords ~TTL 1:30 Music Making with Heather ~ TTL 2:30 Outdoor Walks~LB	8 10:00 Sit and Be Fit~TT 11:30 Lunch Out Turkey House ~Sign Up 2:00 Bingo~TTL 3:30 Painting Group~8 th F 3:45 Piano and Pet Visits with Lavla ~ LB	9 9:30 Ros & Comm ~5 th Fl 9:30 Walmart Shuttle ~Sign Up 2:00 Hymn Sing ~TTL 3:00 Wii Bowling ~TTL 3:30 Bible Study ~ PR Yom Kippur	10 10:00 Ladies Auxiliary~CH 10:00 Sit and Be Fit~TTL 10:45 Random Trivia~TTL 2:00 Education Session "Healthy Feet and Foot Care" By Tammy Sheehan RN 3:00 Men's Group ~Table Pool- Meet in LB	11 10:00 Sit and Be Fit 10:45 Craft~TTL "Handsome Paper Turkey" 2:00 Bingo~TTL 3:00 Small Talks with Pastor Loren~TTL 3:00 Carpet Bowling~LB	12 2:00 Hot Chocolate Social~TTL 2:30 Tea Time and Movie Matinee~TTL "America's National Parks"
13 10:00 Worship Service In Chapel  2:30 Manicures ~TTL	14 HAPPY  THANKSGIVING	15 10:00 GRANDFRIENDS Project~TTL 2:00 Bingo~TTL 3:30 Painting Group~8 th Fl	16 10:00 Sit and Be Fit~TTL 10:45 "It's a Small World" Trivia~TTL 2:00 Hymn Sing ~TTL 3:00 Wii Bowling ~TTL 3:30 Bible Study ~ PR	17 10:00 Sit and Be Fit~TTL 10:45 Trivia ~TTL "Smaller Than a Breadbox" 2:30 BirthdayCelebration With Peter Williams~DR	18 10:00 Sit and Be Fit 11:30 Lunch Out To White Rock Legion ~Sign Up 2:00 Bingo~TTL 3:00 Board Games~TTL	19 Ladies Axillary Tea and Bake Sale ~ML 2:30 Tea Time and Movie Matinee~TTL "The Meddler"
20 10:00 Worship Service In Chapel  2:30 Manicures ~TTL	21 10:00 Sit and Be Fit 10:40 Crosswords ~TTL 1:30 Music Making with Heather ~ TTL 2:30 Apple Tasting and Apple Trivia~TTL	22 10:00 Sit and Be Fit~TT 10:45 Short Story~TTL "Small Packages" 2:00 Bingo~TTL 3:00 Town Hall ~DR 3:30 Painting Group~8 th Fl Simchat Torah	23 9:30 Ros&Comm~5thfl 10:00 Sit and Be Fit~TTL 10:45 Autumn - What Am I? 1:00 Pennisula Village Shuttle 1:30 Walmart Shuttle 2:00 Hymn Sing ~TTL 3:00 Wii Bowling ~TTL 3:45 Piano and Pet Visits With Layla~LB	24 9:00 Pumpkin Pancake Breakfast~TTL 10:15 Sit and Be Fit~TTL 10:45 Trivia Challenge~TT 2:00 Painting with Jess Rice ~TTL	25 10:00 Sit and BeFit~TT 10:45 Baking "Pumpkin Pie Chocolate Chip Cookies" ~TTL 2:00 Bingo~TTL 3:00 Small Talks with Pastor Loren~TTL 3:00 Carpet Bowling~LB	26 2:00 Hot Chocolate Social~TTL 2:30 Tea Time and Movie Matinee~TTL "The Adventures of Robin Hood"
27 10:00 Worship Service In Chapel  2:30 Manicures ~TTL	28 10:00 Sit and Be Fit~TT 10:40 Crosswords~TTL 1:30 Music Making with Heather~TTL 2:30 Pumpkin Carving ~TTL	29 10:00 Sit and Be Fit~TT 10:45 Halloween Humor~TTL 2:00 Bingo 3:30 Painting Group~8 th Fl	30 9:30 - 4:30 All Day Flu Shot Clinic In Recreation Office ~sign up	31 9:30 - 12:30 Flu Shots ~Recreation Office 2:00 Sit and Be Fit~TTL 2:30 Treats and Sweets~T 2:45 Short Story~TTL "The Headless Horseman" Halloween		

Recreation Coordinators: Heidi Deans and Michelle Krahn 604-541-3812