

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>October 2024</b> Oakwood Place Assisted Living</p>		<p><b>9:30</b> - Daily Chronicles &amp; chat (MR)  <b>10:00</b> – Yoga Exercise (MR)  <b>10:30</b>-Walking club  <b>3:00</b>-Trivia Tuesday (Theme: October)</p>	<p><b>9:30</b> - Daily Chronicles &amp; chat (MR)  <b>9:45</b> – Cardio Exercise (MR)  <b>10:00</b>- Bible Study with Chaplain Doug  <b>1:00-4:00</b>- Resale Shop  <b>2:00</b>- Musical Performance: Rob Dahms (MR)</p> <p style="text-align: center;"><small>Rosh Hashanah Begins</small></p>	<p><b>9:30</b> - Daily Chronicles &amp; chat (MR)  <b>10:00</b> – Yoga Exercise (MR)  <b>10:30</b>-Walking club  <b>1:30</b>- Cash Bingo (AR)</p>	<p><b>8:30</b>- Channel cat/lunch  <b>9:30</b> - Daily Chronicles &amp; chat (MR)  <b>10:00</b> – Cardio Exercise (MR)  <b>3:00</b>- Happy Hour</p>	<p><b>8:30-9:30</b>- Observe and interact with the dogs from CM Academy- Arcade  <b>9:00</b>-Seated Tai Chi (CH 52.1)  <b>2:00</b>- Resident led Games (AR)</p>
<p><b>10:00</b> – Sunday Service (KC)  <b>1:00</b> – Sunday Service (Gardens)</p>	<p><b>9:30</b>-Daily Chronicles and chat (MR)  <b>10:00</b> Exercise (MR)  <b>2:00</b>- Painting (AR)  <b>6:00</b>- Musical performance: Greg Sullivan (KC)</p>	<p><b>9:30</b> - Daily Chronicles &amp; chat (MR)  <b>10:00</b> – Yoga Exercise (MR)  <b>10:30</b>-Walking club  <b>1:30</b>- Culinary Council (AR)  <b>2:00</b>- Resident Council (AR)</p>	<p><b>8:30</b>- Dr Winston Wong: Preferred Podiatry Group (foot evaluations) (MR) Ask staff to help you sign up  <b>9:30</b> - Daily Chronicles &amp; chat (MR)  <b>9:45</b> – Cardio Exercise (MR)  <b>10:00</b>- Bible Study with Chaplain Doug  <b>1:00-4:00</b>- Resale Shop  <b>2:00</b>-Cooking with Janelle (Hub)</p>	<p><b>9:30</b> - Daily Chronicles &amp; chat (MR)  <b>10:00</b> – Yoga Exercise (MR)  <b>10:30</b>-Walking club  <b>10:30</b>- Catholic Mass (KC)  <b>1:30</b>- Cash Bingo (AR)  <b>3:00</b>-Musical Performance:Troy Rangel &amp; Friends (MR)</p> <p style="text-align: center;"><small>Yom Kippur Begins</small></p>	<p><b>9:30</b> - Daily Chronicles &amp; chat (MR)  <b>10:00</b> – Cardio Exercise (MR)  <b>3:00</b>- Happy Hour  <b>4:00</b>- Musical Performance: Terry Stone (DR)</p>	<p><b>8:30-9:30</b>- Observe and interact with the dogs from CM Academy- Arcade  <b>9:00</b>-Seated Tai Chi (CH 52.1)  <b>2:00</b>- Resident led Games (AR)</p>
<p><b>10:00</b> – Sunday Service (KC)  <b>1:00</b> – Sunday Service (Gardens)</p>	<p><b>9:30</b> - Daily Chronicles &amp; chat (MR)  <b>10:00</b> – Cardio Exercise (MR)  <b>2:00</b>- Musical Mondays (TR)</p> <p style="text-align: center;"><small>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</small></p>	<p><b>9:30</b> - Daily Chronicles &amp; chat (MR)  <b>10:00</b> – Yoga Exercise (MR)  <b>10:30</b>-Walking club  <b>1:30</b>- Musical Performance: QC. Banjoliers(KC)  <b>2:30</b>- United Healthcare Insurance meeting (MR)  <b>3:00</b>-Trivia Tuesday (Theme: Halloween) (AR)</p>	<p><b>9:30</b> - Daily Chronicles &amp; chat (MR)  <b>9:45</b> – Cardio Exercise (MR)  <b>10:00</b>- Bible Study with Chaplain Doug (TR)  <b>1:00-4:00</b>- Resale Shop</p> <p style="text-align: center;"><small>Sukkot Begins</small></p>	<p><b>9:30</b> - Daily Chronicles &amp; chat (MR)  <b>10:00</b> – Yoga Exercise (MR)  <b>10:30</b>-Walking club  <b>1:30</b>- Cash Bingo (AR)</p>	<p><b>9:00-11:00</b>- Flue clinic (MR)  <b>9:30</b> - Daily Chronicles &amp; chat (MR)  <b>10:00</b> – Cardio Exercise (MR)  <b>3:00</b>- Happy Hour</p>	<p><b>8:30-9:30</b>- Observe and interact with the dogs from CM Academy- Arcade  <b>9:00</b>-Seated Tai Chi (CH 52.1)  <b>2:00</b>- Musical Performance: Cord Busters  <b>2:00</b>- Resident led Games</p>
<p><b>10:00</b> – Sunday Service (KC)  <b>1:00</b> – Sunday Service (Gardens)</p>	<p><b>9:30</b> - Daily Chronicles &amp; chat (MR)  <b>10:00</b> – Cardio Exercise (MR)  <b>2:00</b>- Painting (AR)</p>	<p><b>9:30</b> - Daily Chronicles &amp; chat (MR)  <b>10:00</b> – Yoga Exercise (MR)  <b>10:30</b>-Walking club  <b>1:30</b>- Musical Performance: The Wiersons (MR)</p>	<p><b>9:30</b> - Daily Chronicles &amp; chat (MR)  <b>9:45</b> – Cardio Exercise (MR)  <b>10:00</b>- Bible Study with Chaplain Doug  <b>1:00-4:00</b>- Resale Shop open</p>	<p><b>9:30</b> - Daily Chronicles &amp; chat (MR)  <b>10:00</b> – Yoga Exercise (MR)  <b>10:30</b>-Walking club  <b>1:30</b>- Cash Bingo (AR)  <b>1:30</b>- Musical Performance: Janet Lieb (Gardens)</p> <p style="text-align: center;"><small>Simchat Torah Begins</small></p>	<p><b>9:30</b> - Daily Chronicles &amp; chat (MR)  <b>10:00</b> – Cardio Exercise (MR)  <b>3:00</b>- Happy Hour</p>	<p><b>8:30-9:30</b>- Observe and interact with the dogs from CM Academy- Arcade  <b>9:00</b>-Seated Tai Chi (CH 52.1)  <b>2:00</b>- Resident led Games (AR)</p>
<p><b>10:00</b> – Sunday Service (KC)  <b>1:00</b> – Sunday Service (Gardens)</p>	<p><b>9:30</b> - Daily Chronicles &amp; chat (MR)  <b>10:00</b> – Cardio Exercise (MR)  <b>2:00</b>- Musical Mondays (TR)</p>	<p><b>9:30</b> - Daily Chronicles &amp; chat (MR)  <b>10:00</b> – Yoga Exercise (MR)  <b>10:30</b>-Walking club  <b>6:00-7:30</b>- Trick or Treating (Arcade Hallway)</p>	<p><b>9:30</b> - Daily Chronicles &amp; chat (MR)  <b>9:45</b> – Cardio Exercise (MR)  <b>10:00</b>- Bible Study with Chaplain Doug  <b>1:00-4:00</b>- Resale Shop open  <b>2:00</b> – Monthly Birthday Party (MR)</p>	<p><b>9:30</b> - Daily Chronicles &amp; chat (MR)  <b>10:00</b> – Yoga Exercise (MR)  <b>10:30</b>-Walking club  <b>1:30</b>- Cash Bingo (AR)</p> <p style="text-align: center;"><small>Halloween</small></p>		

All activities are subject to change, with or without notice. For any questions, contact Anthony at ext. 297