

# October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>Walk the Block</b> 2:00 PM – Lobby (Weather dependent)  <b>Armchair Travel - Iceland</b> 2:30 PM – Solarium	<b>2 Exercise &amp; Chair Meditation with Janet</b> 10:00 AM – Dining Room  <b>Outdoor Crafts with Erin</b> 2:00 PM – Front Yard  <b>Happy Hour</b> 3:00 PM – Dining Room	<b>3 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>U of A Online Class – Indigenous History</b> 10:30 AM – Solarium  <b>Movie – Irreplaceable You</b> 2:30 PM – Solarium
<b>4 Netflix Series – The Medici [Season 1 Episode 5-6]</b> 2:30 PM – Solarium	<b>5 Exercise &amp; Chair Meditation with Janet</b> 10:00 AM – Dining Room  <b>Live Entertainment with Brian Flanagan</b> 2:30 PM – Front Yard  <b>Bingo</b> 2:30 PM – Solarium	<b>6 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>Walk the Block</b> 2:00 PM – Lobby (Weather dependent)  <b>Happy Hour</b> 3:00 PM – Dining Room	<b>7 Exercise &amp; Chair Meditation with Janet</b> 10:00 AM – Dining Room  <b>Music Group with Natasha</b> 2:00 PM – Dining Room  <b>Townhall Meeting</b> 3:00 PM – Dining Room	<b>8 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>Walk the Block</b> 2:00 PM – Lobby (Weather dependent)  <b>Armchair Travel - France</b> 2:30 PM – Solarium	<b>9 Exercise &amp; Chair Meditation with Janet</b> 10:00 AM – Dining Room  <b>Happy Hour</b> 3:00 PM – Dining Room	<b>10 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>U of A Online Class – Indigenous History</b> 10:30 AM – Solarium  <b>Movie – A Thousand Words</b> 2:30 PM – Solarium
<b>11 Netflix Series – The Medici [Season 1 Episode 7-8]</b> 2:30 PM – Solarium	<b>12 Exercise &amp; Chair Meditation with Janet</b> 10:00 AM – Dining Room  <b>Live Entertainment with Saul Benson</b> 2:30 PM – Front Yard  <b>Bingo</b> 2:30 PM – Solarium  <b>Happy Thanksgiving!</b>	<b>13 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>Walk the Block</b> 2:00 PM – Lobby (Weather dependent)  <b>Happy Hour</b> 3:00 PM – Dining Room	<b>14 Exercise &amp; Chair Meditation with Janet</b> 10:00 AM – Dining Room  <b>Music Group with Natasha</b> 2:30 PM – Dining Room	<b>15 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>Walk the Block</b> 2:00 PM – Lobby (Weather dependent)  <b>Armchair Travel – Costa Rica</b> 2:30 PM – Solarium	<b>16 Exercise &amp; Chair Meditation with Janet</b> 10:00 AM – Dining Room  <b>Happy Hour</b> 3:00 PM – Dining Room	<b>17 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>U of A Online Class – Indigenous History</b> 10:30 AM – Solarium  <b>Movie – The Last Laugh</b> 2:30 PM – Solarium
<b>18 Netflix Series – The Medici [Season 2 Episode 1-2]</b> 2:30 PM – Solarium	<b>19 Exercise &amp; Chair Meditation with Janet</b> 10:00 AM – Dining Room  <b>Live Entertainment with Pete Campbell</b> 2:30 PM – Front Yard  <b>Bingo</b> 2:30 PM – Solarium	<b>20 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>Walk the Block</b> 2:00 PM – Lobby (Weather dependent)  <b>Happy Hour</b> 3:00 PM – Dining Room	<b>21 Exercise &amp; Chair Meditation with Janet</b> 10:00 AM – Dining Room  <b>Music Group with Natasha</b> 2:30 PM – Dining Room	<b>22 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>Walk the Block</b> 2:00 PM – Lobby (Weather dependent)  <b>Armchair Travel - Italy</b> 2:30 PM – Solarium	<b>23 Exercise &amp; Chair Meditation with Janet</b> 10:00 AM – Dining Room  <b>Outdoor Crafts with Erin</b> 2:00 PM – Front Yard  <b>Happy Hour</b> 3:00 PM – Dining Room	<b>24 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>U of A Online Class – Indigenous History</b> 10:30 AM – Solarium  <b>Movie – 13TH</b> 2:30 PM – Solarium
<b>25 Netflix Series – The Medici [Season 2 Episode 3-4]</b> 2:30 PM – Solarium	<b>26 Exercise &amp; Chair Meditation with Janet</b> 10:00 AM – Dining Room  <b>Live Entertainment with Mike Kinal</b> 2:30 PM – Front Yard  <b>Bingo</b> 2:30 PM – Solarium	<b>27 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>Walk the Block</b> 2:00 PM – Lobby (Weather dependent)  <b>Happy Hour</b> 3:00 PM – Dining Room	<b>28 Exercise &amp; Chair Meditation with Janet</b> 10:00 AM – Dining Room  <b>Music Group with Natasha</b> 2:30 PM – Dining Room	<b>29 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>Walk the Block</b> 2:00 PM – Lobby (Weather dependent)  <b>Armchair Travel - Peru</b> 2:30 PM – Solarium	<b>30 Exercise &amp; Chair Meditation with Janet</b> 10:00 AM – Dining Room  <b>Outdoor Crafts with Erin</b> 2:00 PM – Front Yard  <b>Halloween Party</b> 2:30 PM – Dining Room	<b>31 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>U of A Online Class – Indigenous History</b> 10:30 AM – Solarium  <b>Movie – Charlie and the Chocolate Factory</b> 2:30 PM – Solarium