CRANIUM CRUNCH

Thanksgiving Word Scramble

Unscramble the Thanksgiving words and then use the highlighted letters to form the secret message. You will have to unscramble the message as well.

ICUONROPCA

ETRSHVA

MEVRNOEB

ILIGPMR

KUTEYR

BCNERRRAY

YRAOMEFWL

TMOLPYUH

AYHLIOD

GWNMPAAAO

INKPMUP

!

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TEXTURES HAIR SALON

Jill is back in shop for your hair needs. Please call Ext. 2124 to book an appointment. No walk in appointments available at this time.
Masks are required.

VIRTUAL FALLS PREVENTION

Join us Friday afternoons at 1:45 in Century Hall as a Kinesiologist from Community Support leads us through a 6 week Falls Prevention Seminar.

EVENTS CALENDAR | OCTOBER

HONEYFEST

BEE there in celebration of fall as we enjoy all things honey. Look for honey highlighted items on the calendar to take part in the sweetness. Don't forget to wear your BEEautiful honey colours on October 8th for our HoneyFest Celebration.
Sifton Honey for sale: Starting on October 9th sm:$2 Lrg:$5
FUN FACT: Did you know that honeybees are responsible for about1/3 of every bite we take? No wonder they're called "worker bees"!

We love seeing all your smiling faces at our programs, in the common areas or for a friendly visit! Reach out to any one of us anytime. We always look forward to a little visit, coffee chats and your suggestions!
Your friendly Recreation Department ☺

HIGHLIGHTS

Honey Fest Specialty Drink
Thursday, October 1

Birthday Luncheon
Friday, October 2

Travelogue: & Treats: Canadian Express
Tuesday, October 6

Tea Talks: The Fabulous 50's
Wednesday, October 7

Honey Fest Celebration
Thursday, October 8

Ted Talks & Specialty Coffee
Tuesday October 13

Good Grub Social Club: Chinese Take Out
Wednesday, 14

Fall Friendship Tea
Thursday, October 15

Town Hall Meeting
Monday, October 19

Fall Colours Tour & Lunch
Wednesday, October 21

Wine & Trivia
Thursday, October 22

Food Talk
Friday, October 23

Pumpkin Spice & Everything Nice
Thursday, October 29

Jack-0-Lanterns
Saturday, October 31

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SOCIAL & RECREATIONAL ACTIVITIES - OCTOBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 **10:10** Exercises: Boxing & Aerobic **(PP)** **10:30** Fun w/ Words **(FL/UB)** **2:00** HoneyFest Specialty Drink **(PP/UB/BL)** **3:30** Wii Bowling **(CH)**	2 **10:10** Exercises: You can Yoga **(PP)** **10:30** Handy Man Corner **(BL)** **12:15** Birthday Luncheon **1:45** Virtual Falls Prevention **(CH)** **2:00** Bocce Ball **(PP)** **3:30 Documentary:** On Honey Bee's **(CH)**	3 **10:00** Knit and Stitch **(FL)** **10:30 DIY**– Mason Jar Candle Holders **(PP)** **11:45** Best Guess **(PP)** **2:15 Movie Matinee:** Mirror Mirror **(CH)** **2:30** Friendly Visits
4 **10:00** Brain Game Pick-up at Reception	5 **10:10** Exercises : Weights to Music**(PP)** **10:30** Brain Health **(FL/UB)** **2:00** 2nd & 3rd floor Horse Races **(PP)** **3:00** 1st & 4th floor Horse Races **(PP)** **6:30** I-Pad Class **(CH)**	6 **10:10** Exercises **(PP)** **10:30** Travelogue & Treats Canadian Express **(CH)** **2:00 Active Games—** Ladder Ball **(PP)** **3:30** Toonie Bingo **(CH)**	7 **10:30** Tea Talks: The Fabulous 50's **(FL)** **2:00** News and Views **(FL)** **2:30** Fall Colours Tour **(SU)** **2:30** Virtual Zumba **(PP)** **3:30** Friendly Visits	8 **Dress In the Colour Honey!** **10:10** Exercises: Boxing & Aerobic **(PP)** **10:30** Fun w/ Words **(FL/UB)** **2:00** HoneyFest Celebration **(PP/UB/BL)** **3:30** Wii Bowling **(CH)**	9 **10:10** Exercises : You can Yoga **(PP)** **10:30** Handy Man Corner **(BL)** **10:30** Fall Colours Tour **(SU)** **1:45** Virtual Falls Prevention **(CH)** **2:00** Bocce Ball **(PP)** **3:30 Documentary**:	10 **Purple Day** **10:00** Knit and Stitch **(FL)** **10:30** Debate club **(CH)** **11:45** Best Guess **(PP)** **2:15 Movie Matinee**: October Kiss **(CH)** **2:30** Friendly Visits
11 **10:00** Brain Game Pick-up at Reception	12 **Thanksgiving** **10:10** Exercises : Weights to Music**(PP)** **10:30** Brain Health Pick up at Reception **2:00** 2nd & 3rd floor Horse Races **(PP)** **3:00** 1st & 4th floor	13 **10:10** Exercises **(PP)** **10:30** Ted Talks & Specialty Coffee: Help me stop Pandemics **(CH)** **2:00 Active Games—**Bean Bag Baseball **(PP)** **3:30** Toonie Bingo **(CH)**	14 **10:30** Tea Talks: The Fabulous 50's **(FL)** **12:00 The Good Grub Social Club:** Chinese Food Take Out **(SU)** **2:00** News and Views **(FL)** **2:30** Virtual Zumba **(PP)** **3:30** Friendly Visits **5:30** Fall Sunset Tour **(SU)**	15 **10:10** Exercises: Boxing & Aerobic **(PP)** **10:30** Fun w/ Words **(FL/UB)** **2:00** Fall Friendship Tea **(PP/UB/BL)** **3:30** Wii Bowling **(CH)**	16 **10:10** Exercises : You can Yoga **(PP)** **10:30** Handy Man Corner **(BL)** **10:30** Fall Scavenger Tour **(SU)** **1:45** Virtual Falls Prevention **(CH)** **2:00** Bocce Ball **(PP)** **3:30 Documentary:** Grace Kelly **(CH)**	17 **10:00** Knit and Stitch **(FL)** **10:30** Colour Me Calm **(PP)** **11:45** Best Guess **(PP)** **2:15 Movie Matinee:** The Blind Side **(CH)** **2:30** Friendly Visits
18 **10:00** Brain Game Pick-up at Reception	19 **10:15-10:45** 1st & 4th Floor Townhall **(CH)** **11:00-11:30** 2nd & 3rd Floor Townhall **(CH)** **2:00** 2nd & 3rd floor Horse Races **(PP)** **3:00** 1st & 4th floor Horse Races **(PP)** **6:30** I-pad Class **(CH)**	20 **10:10** Exercises **(PP)** **10:30** Discussion & Donuts Predators in flight **(CH)** **2:00 Active Games**— Mini Putt **(PP)** **3:30** Toonie Bingo **(CH)**	21 **10:30** Tea Talks: The Fabulous 50's **(FL)** **10:30** Fall Colours Tour & Lunch **(SU)** **2:00** News and Views **(FL)** **2:30** Virtual Zumba **(PP)** **3:30** Friendly Visits	22 **10:10** Exercises: Boxing & Aerobic **(PP)** **10:30** Fun w/ Words **(FL/UB)** **2:00** Wine & Trivia **(PP)** **3:30** Wii Bowling **(CH)**	23 **10:10** Exercises : You can Yoga **(PP)** **10:30** Handy Man Corner **(BL)** **10:30** Food Talk **(CH)** **1:45** Virtual Falls Prevention **(CH)** **2:00** Bocce Ball **(PP)** **3:30 Documentary**:	24 **10:00** Knit and Stitch **(FL)** **10:30** Debate club **(CH)** **11:45** Best Guess **(PP)** **2:15 Movie Matinee:** The Great Gatsby **(CH)** **2:30** Friendly Visits
25 **Purple Day** **10:00** Brain Game Pick-up at Reception	26 **10:10** Exercises: Weights to Music **(PP)** **10:30** Brain Health **(FL/UB)** **2:00** 2nd & 3rd floor Horse Races **(PP)** **3:00** 1st & 4th floor Horse Races **(PP)** **6:30** I-pad Class **(CH)**	27 **10:10** Exercises **(PP)** **10:30** Ted Talks & Specialty Coffee: The Art of Choosing **(CH)** **2:00 Active Games –** Ladder Ball **(PP)** **3:30** Toonie Bingo **(CH)**	28 **10:30** Tea Talks: The Fabulous 50's **(FL)** **10:30** Country Drive **(SU)** **2:00** News and Views **(FL)** **2:30** Virtual Zumba **(PP)** **3:30** Friendly Visits	29 **Wear Your Fall Colours** **10:10** Exercises : Boxing & Aerobic**(PP)** **10:30** Fun w/ Words **(FL/UB)** **2:00** Pumpkin Spice and Everything Nice **(PP/UB/BL)** **3:30** Wii Bowling **(CH)**	30 **10:10** Exercises : You can Yoga **(PP)** **10:30** Handy Man Corner **(BL)** **1:45** Virtual Falls Prevention **(CH)** **2:00** Bocce Ball **(PP)** **3:30 Documentary**: The Origin of Halloween **(CH)**	31 **Halloween—Best Dressed** **10:00** Knit and Stitch **(FL)** **10:30 DIY**– Jack-o-lanterns **(PP)** **11:45** Best Guess **(PP)** **2:15 Movie Matinee:** Ghost Busters **(CH)** **2:30** Friendly Visits

BL: Breakers Lounge **CH:** Century Hall **DK:** Demo Kitchen **FC:** The Fit Club Fitness Centre **FL:** Fireplace Lounge **TE:** The Empress Dining Room
PP: Pickwick's Pub **WC:** Westhill Cafe **GB:** Gazebo **RC:** Rosecourt **PT:** Physiotherapy Room **SU:** Sign-up at Reception **NS:** Nursing Station
UB: Upper Balcony **Events in Purple**: Sign Up **Events in Red**: Open to Public