

OCTOBER

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Please note that the **highlighted** programs require you to sign up! Please check your floor's bulletin board frequently!



9:00 ADVANCED EXERCISE DVD 1
9:30 COFFEE & CONNECT
2:30 BINGO
NATIONAL SENIORS DAY



9:30 EXERCISE 2
2:30 CHAT & CRAFT: FALL WREATHS



9:00 ADVANCED EXERCISE DVD 3
9:30 COFFEE & CONNECT
2:00 BOOKMOBILE
2:00 BLANKETS FOR UKR



9:30 EXERCISE 4
WITH HELEN
2:30 5 CARD BINGO



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"I'm so glad I live in a world where there are Octobers."

9:30 WORSHIP SERVICE WITH CHRISTIAN FELLOWSHIP 6



9:30 EXERCISE 7
2:30 MUSIC WITH JOE DRAUDE



9:00 ADVANCED EXERCISE DVD 8
9:30 COFFEE & CONNECT
2:30 L-C-R GAME



9:30 EXERCISE 9
2:30 FASPA



9:00 ADVANCED EXERCISE DVD 10
9:30 COFFEE & CONNECT
2:30 BARKMAN BAKE SALE
5:30 "FRIENDSGIVING"



9:30 EXERCISE 11
WITH HELEN
2:30 MEN'S BILLIARDS
2:30 NAIL PAINTING



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9:30 WORSHIP SERVICE WITH PRAIRIE ROSE EMC 13



9:30 EXERCISE 14
HAPPY THANKSGIVING
THANKSGIVING - OFFICE CLOSED



9:00 ADVANCED EXERCISE DVD 15
9:30 LADIES' BREAKFAST
2:30 SKIP-BO



9:30 EXERCISE 16
2:30 BOARD GAMES IN THE MAIN LOUNGE



9:00 ADVANCED EXERCISE DVD 17
9:30 MEN'S BREAKFAST
2:00 BLANKETS FOR UKR
2:30 CROKINOLE



9:30 EXERCISE 18
WITH HELEN
2:30 HORSE RACING GAME
6:30 NEUFELD GROUP



19
Praise the Lord. Give thanks to the Lord, for he is good; his love endures forever.

9:30 WORSHIP SERVICE WITH MENNONITE BRETHERN 20



9:00 FLU CLINIC 21
9:30 EXERCISE
2:30 BOARD GAMES IN THE MAIN LOUNGE



9:00 ADVANCED EXERCISE DVD 22
9:30 COFFEE & CONNECT
2:30 RUMMIKUB



9:30 EXERCISE 23
2:30 SPOONS GAME
7:00 SOMMERFELD YOUTH GROUP



9:00 ADVANCED EXERCISE DVD 24
9:30 COFFEE & CONNECT
2:30 SCRABBLE
6:30 SING-A-LONG AT RH



9:30 EXERCISE 25
WITH HELEN
2:30 PIE & COFFEE



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9:30 WORSHIP SERVICE WITH UNITED CHURCH 27



9:30 EXERCISE 28
2:30 BIRTHDAY PARTY
HAPPY BIRTHDAY



9:00 ADVANCED EXERCISE DVD 29
9:30 COFFEE & CONNECT
2:30 JEOPARDY



9:30 EXERCISE 30
3:00 WOODHAVEN'S FIRST ANNUAL CHILLI COOK-OFF!



9:00 ADVANCED EXERCISE DVD 31
9:30 COFFEE & CONNECT
2:00 BLANKETS FOR UKR
2:30 SEQUENCE

