














October 2024

2nd Floor



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 International Day of Older Persons 10:00 Fun & Fitness 11:00 Chair Yoga (West) 1:30 Brain Games  3:00 Bingo	2 Jewish New Year 10:00 Ball Exercise 11:00 Rosh Hashanah Trivia 1:30 Jenga 3:00 K-Table Games	3 10:00 Fun & Fitness 11:00 Chair Yoga (West) 2:00 Catholic Mass 3:00 1:1 Visits	4 10:00 Virtual Exercise	5 10:00 Virtual Exercise
6 10:00 Spiritual Moments with Sam 11:00 Fun & Fitness 1:30 Leaf Stamping  3:00 Reading Club	7 1:30 Fun & Fitness 2:30 Photogenic Smile 4:30 1:1 Visits 6:00 Short Stories	8 10:00 Fun & Fitness 11:00 Canadian Thanksgiving 2:00 Music with Sung Kim  3:00 1:1 Visits	9 Hangeul Day 한글 10:00 Chair Yoga 11:00 Resident Meeting 1:30 K-Table Games 3:00 King Sejong	10 10:00 Tennis 11:00 Chair Yoga (West) 1:30 Music with John & Anna  3:00 1:1 Visits	11 10:00 Virtual Exercise	12 10:00 Virtual Exercise
13 Food Bank Week 10:00 Spiritual Moments with Sam 11:00 Fun & Fitness 1:30 History of the Food Bank 3:00 Bean Bag Toss	14 Thanksgiving 	15 10:00 Fun & Fitness 11:00 Chair Yoga 1:30 Mental Aerobics 3:00 Bingo 	16 10:00 Face Yoga 11:00 Sports Cross Word 2:00 Vancouver Gospel Church Service 3:00 1:1 Visits	17 10:00 Ball Exercise 11:00 Chair Yoga 1:30 K-Table Game 3:00 1:1 Visits	18 10:00 Virtual Exercise	19 Provincial Election 10:00 Virtual Exercise
20 10:00 Spiritual Moments with Sam 11:00 Fun & Fitness 1:30 Puzzle 3:00 Card Game	21 1:30 Face Yoga 2:30 Brain Games 4:30 1:1 Visits 6:00 Nail Art 	22 10:00 Fun & Fitness 11:00 Chair Yoga (West) 1:30 Dancing with May 3:00 1:1 Visits	23 Wake Up Day 10:00 Fun and Fitness 11:00 Mental Aerobics 1:30 Hwatu Game 3:00 History of the Alarm Clock 	24 10:00 Fun & Fitness 10:30 Sing-along with Grace Church  1:30 Cross Word 3:00 1:1 Visits	25 10:00 Virtual Exercises	26 10:00 Virtual Exercise
27 10:00 Spiritual Moments with Sam 11:00 Fun & Fitness 1:30 Hairclip Craft 3:00 Origins of Halloween 	28 1:30 Ball Exercise 2:30 Word Games 4:30 1-1 Visits 6:00 Music & Massages	29 10:00 Fun & Fitness 11:00 Chair Yoga (West) 1:30 Birthday Social  3:00 1:1 Visits	30 Jack-O-Lantern Day 10:00 Tennis 11:00 Spelling Bee 1:30 Histoy of Jack-O-Lantern 3:00 Jenga	31 Happy Halloween 10:00 Fun & Fitness 11:00 Chair Yoga 1:30 Halloween Social  3:00 1:1 Visits	