

October 2024



Hespeler

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:45am Horticulture Hands (H) - HAA 10:45am Fun and Fitness (H & P) - HAA 1:30pm Beauty Shop - Resi	2 10:30am Bible Study with Niamh - ACRM 2:00pm Bake Sale! - ACRM 6:15pm Variety Time - HAA	3 10:45am Fun and Fitness (H & P) - PAA 2:00pm Bingo - ACRM	4 Walk the Kindness Way Day 1 9:00am Walk the Kindness Way Send Off- Main Entrance 9:45am Friendly Visits - Resi 11:00am Music Therapy - Resi 2:00pm Super Fun and Fitness - ACRM	5 Walk the Kindness Way Day 2 9:45am Hymn Sing - HAA
6 11:00am Musical Memories - HAA	7 10:30am Scripture and Song - HAA 2:30pm Crow Shield Lodge Presentation - AUDI	8 10:45am Fun and Fitness (H & P) - HAA 1:15pm Country Drive - Pre-register with Alexis - OUT 3:00pm Crokinole - HAA	9 9:45am It Makes Sense (H) - Resi 10:30am Bible Study with Niamh - ACRM 12pm BSO/SW/Programs meeting 2:00pm Artful Enrichment - ACRM 6:15pm Variety Time - HAA	10 10:00am Church Service - ACRM 10:45am Fun and Fitness (H & P) - PAA 2:30pm Fairview Band - AUDI	11 9:30am Music Therapy - HAA 9:45am Friendly Visits - Resi 9:45am Art Gallery - ACRM 11:00am Music Therapy - Resi 2:00pm Super Fun and Fitness - ACRM	12 Art Gallery in the Activity Room 2:45pm Table Top Games - HAA
13 Art Gallery in the Activity Room 2:00pm Fun and Fitness - HAA	14 Thanksgiving Day 2:00pm Coffee and Chats - HAA	15 10:45am Current Events - HAA 2:00pm Fairview Fall Fair - CCRT	16 9:45am It Makes Sense (H) - Resi 10:30am Bible Study with Niamh - ACRM 11:30am Roman Catholic Communion - ACRM 1:30pm Beauty Shop - ACRM	17 10:00am Java Music Club - ACRM 2:00pm Fun and Fitness (H & P) - HAA 2:00pm Residents Council - ACRM 3:00pm Apple Treats - HAA	18 9:45am Friendly Visits - Resi 10:45am Fall Crafts - HAA 11:00am Music Therapy - Resi 2:00pm Super Fun and Fitness - ACRM	19 9:45am Time to Think - HAA
20 10:45am Believable or Batty? - HAA	21 10:30am Scripture and Song - HAA 1:45pm QiGong Fitness - AUDI 2:30pm Bilingual (English and French) Coffee and Chats - AUDI	22 10:45am Fun and Fitness (H & P) - HAA 11:30am Restaurant outing - OUT 2:00pm Baking Mini Pumpkin Pies - ACRM	23 9:45am It Makes Sense (H) - Resi 10:30am Bible Study with Niamh - ACRM 2:00pm Armchair Travel- Oktoberfest - ACRM	24 10:45am Carving Pumpkins - HAA 2:00pm Fun and Fitness (H & P) - ACRM	25 9:30am Music Therapy - HAA 9:45am Friendly Visits - Resi 11:00am Music Therapy - Resi	26 9:45am Making Halloween Loot Bags - HAA 3:00pm Painting Corner - HAA
27 10:45am Making Halloween Costumes - HAA 3:00pm Story Writing - HAA	28 10:30am Scripture and Song - HAA	29 10:45am Fun and Fitness (H & P) - HAA 2:00pm Artful Enrichment - ACRM	30 9:45am It Makes Sense (H) - Resi 10:30am Bible Study with Niamh - ACRM 2:00pm Bingo - ACRM 5:00pm Y & R Dinner and Movie - ACRM	31 Halloween Diwali 9:30am Halloween Parade - AUDI 10:45am Fun and Fitness (H & P) - PAA 2:00pm Halloween Party - AUDI		

ACRM - Activity Room

AUDI - Centre Auditorium

CCRT - Centre Courtyard

HAA - Hespeler Activity Area

OUT - Outings

PAA - Preston Activity Area

Resi - Resident Room for 1-1 scoring

Check Program Boards daily for the most up to date information.