

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



October 2022

Parkwood Suites & Garden Homes

		<h1>October 2022</h1> <h2>Parkwood Suites & Garden Homes</h2>					9:30 Ring Toss (MPR) 10:30 Open Swim ~ Pool		1																		
2	9:30 Pictionary (EDR) 10:30 Muscle Strength (CR) *	3	9:30 Qi Gong (EDR) 10:30 Poetry Reading (CR) * 3:00 Aquafit ~ Pool	4	9:30 Balance & Tone (CR) * 9:30 Walk & Talk Group (Lobby) 10:30 Hymn Sing (MPR) 10:30 Catholic Mass (FH) 2:00 Kindness Club (EDR) 3:00 Who am I? (EDR)	5	10:30 Culture Club (MPR) 2:30 BINGO! (EDR) 4:15 Muscle Relaxation (3 rd Floor Den) 6:30 Pictionary (ECR) 7:30 Aquaworship ~ Pool	6	9:30 Flower Arranging (CR) 10:30 Oktoberfest Social (MPR) 1:30 Aquafit ~ Pool 3:00 Chair Yoga (CR) *	7	10:30 Open Swim ~ Pool 2:00 Thanksgiving Tea (MPR)	8															
2:00 Church Service with Chaplain Alan (MPR)				9:30 Lunch Club Lasagna (EDR) *sign-up required* 10:30 Muscle Strength (CR) 12:00 Lunch Club Lasagna (EDR) *sign-up required* <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)</small>				9:30 Qi Gong (FH) 10:30 Java Music (EDR) 2:00 BINGO! (EDR) 3:00 Aquafit ~ Pool				9:30 Balance & Tone (CR) * 9:30 Walk & Talk Group (Lobby) 10:30 Hymn Sing (MPR) 2:30 Music with Shakey D (FH)		1:00 Outing to Snyder's Farm *sign-up required 4:15 Muscle Relaxation (3 rd Floor Den) 6:30 Crazy Painting (CR) 7:30 Aquaworship ~ Pool		9:30 Beach Ball Fun (CR) 10:30 Town Hall Meeting (MPR) 1:30 Aquafit ~ Pool 3:00 Laughter Yoga (CR) *		15									
2:00 Church Service with Chaplain Alan (MPR)				9:30 Giant Matching Game (EDR) 10:30 Muscle Strength (CR) 2:00 Ladder Ball (MPR) 3:00 Creative Painting (EDR) <small>Simchat Torah Begins</small>				9:30 Qi Gong (FH) 10:30 Food Committee Meeting (MPR) 2:00 Jeopardy (EDR)				9:30 Walk & Talk Group (Lobby) 10:30 Hymn Sing (MPR) 10:30 Catholic Mass (FH) 2:00 Crafter's Corner (CR)				10:30 Prayer Group (CR) 2:30 BINGO! (EDR)				10:00 Waterloo Library (Lobby) 1:30 Current Events (CR) 3:00 Ta Chi (CR) *				10:00 2Hands Clay: Leaf Bowls (FH) 11:00 Open Swim ~ Pool			
2:00 Church Service with Chaplain Alan (MPR)		23		Municipal Election 9:30 Word Games (EDR) 10:30 Balloon Badminton Municipal Election Voting 2pm-4pm in the Fellowship Hall <small>Diwali (Hindi)</small>		24		9:30 Qi Gong (FH) 10:30 Cupcake Baking (EDR) 2:00 Cupcake Decorating (EDR) 3:00 Aquafit ~ Pool		25		9:30 Balance & Tone (CR) 9:30 Walk & Talk Group (Lobby) 10:30 Hymn Sing (MPR) 2:30 Music with Bob McLean (FH)		26		2:30 BINGO! (EDR) 5:00 6 th Floor Dinner (EDR) 7:30 Aquaworship ~ Pool		27		8:30 Breakfast at Jack's *sign-up required 1:30 Aquafit ~ Pool 1:30 Pumpkin Painting (CR) 3:00 Bagging Halloween Candy (CR)		28		10:00 Apple Fritter & Hot Apple Cider Social (MPR)		29	
30		10:30 Muscle Strengthening (CR) 2:00 Halloween Social (EDR) <small>Halloween</small>		31		<div>Legend: Craft Room ~ CR Multi Purpose Room ~ MPR Education Room ~ EDR Board Room ~ BR Games Room ~ GR Fellowship Hall ~ FH * ~ Zoom</div>																					

