



October 2026



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

***All Activities are Subject to Change**

				9:30 Guess the Year 1 11:00 Exercise 2:00 Bowling 3:30 Easy Listening Music 6:30 Caption the Picture Game	9:30 Road Sign Quiz 2 10:00 Church 11:00 Exercise 2:00 Rodney Pettigrew 3:30 Puzzles 7:30 Roughrider vs Calgary Stampeders Game	3 11:00 Exercise 2:00 Spoons Game 3:30 Bucket Ball
11:00 Exercise 4 1:00 Lay Service 2:30 Balloon Badminton 3:30 Guess the Animal	9:30 Guess the Phrase 5 11:00 Exercise 2:00 Floor Curling 3:30 Walking 6:30 Charades	9:30 Travelogue 6 10:00 Jet the Dog 11:00 Exercise 2:00 Yahtzee! 3:30 Gentle Stretches	8:30-10:00 7 TREAT SHOP 11:00 Exercise 2:00 TFB Trio 3:30 Walking 6:30 Connect 4	9:30 Bible Study 8 11:00 Exercise 2:00 Bingo with the Giving Back Team 3:30 Parachute Games	9:30 News Flash 9 11:00 Exercise 2:00 Thanksgiving Social 3:30 Puzzles	10:00 RC Mass and Confession 10 11:00 Exercise 2:00 Turkey Hunting Game 3:30 Thanksgiving Reminiscing
11:00 Exercise 11 2:00 Thanksgiving Bingo 3:30 Jokes with Jamie	NO RECREATION 12 HAPPY THANKSGIVING 11:00 Roughrider vs Montreal Alouettes Game	9:30 The Price is Right 13 11:00 Exercise 2:00 Unseen Wonders of the World Show 3:30 Gentle Stretches 6:30 Chair Yoga	9:30 Guess the Logo 14 10:00 RC Communion 11:00 Exercise 2:00 Rob Young 3:30 Walking	9:30 20 Questions 15 11:00 Exercise 2:00 Bingo 3:30 Easy Listening Music	9:30 Which Came First? 16 11:00 Exercise 2:00 Manicures 3:30 Puzzles 6:30 Scattergories	11:00 Exercise 17 1:00 Roughrider vs Montreal Alouettes Game 2:00 Light in Creation Gifts 3:30 By the Numbers
11:00 Exercise 18 2:00 2-12 Dice Game 3:30 Name That Tune!	9:30 Chit Chat 19 11:00 Exercise 2:00 Memory Laine 3:30 Walking 6:30 Pictionary	9:30 Spelling Bee 20 10:00 Jet the Dog 11:00 Exercise 2:00 Tic Tac Toe Bean Bag Toss 3:30 Gentle Stretches 6:30 Cirque de Soleil Show	8:30-10:00 21 TREAT SHOP 11:00 Exercise 2:30 Table Drumming 3:30 Walking 6:30 Singalong with Nick	9:30 Bible Study 22 11:00 Exercise 2:00 Bingo with the Giving Back Team 3:30 Easy Listening Music 6:30 Ring Toss	9:30 News Flash 23 11:00 Exercise 2:00 Floor Curling 3:30 Puzzles 6:30 Music Mapping	11:00 Exercise 24 1:00 Roughrider vs Edmonton Elks Game 2:00 Colouring 3:30 Word Ladder
11:00 Exercise 25 2:00 Bingo 3:30 Tongue Twisters	9:30 Outburst 26 11:00 Exercise 2:00 Hand Bells 3:30 Walking 6:30 Reminiscing	9:30 Wordle 27 10:00 Jet the Dog 11:00 Exercise 2:00 Cup Pong 3:30 Gentle Stretches	9:30 Riddles 28 11:00 Exercise 11:30 QH Auxiliary Pizza Luncheon 2:30 Pumpkin Decorating 3:30 Walking	9:30 Spooky Short Stories 29 11:00 Exercise 2:00 Boo Bingo 3:30 Parachute Games 6:30 Halloween Movie Night!	9:30 Believe it or Not 30 11:00 Exercise 2:00 Halloween Party/Happy Hour! 3:30 Puzzles 6:30 Halloween Jeopardy	11:00 Exercise 31 2:00 Halloween Craft! 3:30 Halloween Word Games