

Sunday

Monday










Tuesday

Wednesday

Thursday

Friday

Saturday

<p>1</p> <p>9:30am Chair Aerobics (1st & 3rd Floors) 2:00pm Church Service SEAC (1st/2nd/3rd Floors) One on One Visits</p>	<p>2</p> <p>No Recreation Programming Today</p> 	<p>3</p> <p>9:30am Chair Aerobics (1st& 3rd Floors)/2nd Floor Drum Fit 11:00am Autumn Set Up 1:30pm Thanksgiving Art (2nd & 3rd Floors)  One on One Visits</p>	<p>4</p> <p>9:30am Chair Aerobics (1st & 2nd Floors) 1:30pm Bingo/Mahjong (3rd Floor) One on One Visits</p>	<p>5</p> <p>9:30am Chair Aerobics (1st& 3rd Floors) 1:30pm Target Games (2nd Floor) One on One Visits</p>	<p>6</p> <p>9:30am Chair Aerobics (1st& 3rd Floors) 1:30pm Table Games (2nd Floor)/Mahjong (3rd Floor) 2:30pm Thanksgiving Celebration (2nd Floor) One on One Visits</p>	<p>7</p>  <p>Simchat Torah Begins</p>
<p>8</p> 	<p>9</p> <p><i>Happy Thanksgiving</i></p> <p>Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)</p>	<p>10</p> <p>9:30am Chair Aerobics (1st& 3rd Floors)/2nd Floor Drum Fit 1:30pm Floor Hockey (2nd Floor)/Card Games (3rd Floor) One on One Visits</p>	<p>11</p> <p>No Morning Programs 12:00pm One on One Visits 1:30pm Bingo/Mahjong (3rd Floor) 6:15pm Spiritual Services (1st/2nd/3rd Floors)</p>	<p>12</p> <p>9:30am Chair Aerobics (1st/2nd/3rd Floors) 1:30pm Art Therapy (2nd & 3rd Floors) One on One Visits </p>	<p>13</p> <p>9:30am Chair Aerobics (1st& 3rd Floors) 1:30pm Table Games (2nd Floor)/Mahjong (3rd Floor) One on One Visits</p>	<p>14</p> <p>9:30am Chair Aerobics (1st & 2nd Floors) 1:30pm Entertainment by Pearl River Multi Cultural Dance Group (1st/2nd/3rd Floors)  One on One Visits</p>
<p>15</p> <p>9:30am Chair Aerobics (1st & 3rd Floors) 2:00pm Church Service ECGO (1st/2nd/3rd Floors) One on One Visits</p>	<p>16</p> <p>9:30am Chair Aerobics (1st/2nd/3rd Floors) 1:30pm Tai Chi (2nd Floor)/Card Games (3rd Floor) One on One Visits</p>	<p>17</p> <p>9:30am Chair Aerobics (1st& 3rd Floors)/2nd Floor Drum Fit 1:30pm Pumpkin Painting (2nd & 3rd Floors)  One on One Visits</p>	<p>18</p> <p>9:30am Chair Aerobics (1st & 2nd Floors) 1:30pm Bingo/Mahjong (3rd Floor) One on One Visits</p>	<p>19</p> <p>9:30am Chair Aerobics (1st& 3rd Floors) 1:30pm Target Games (2nd Floor) One on One Visits</p>	<p>20</p> <p>9:30am Chair Aerobics (1st& 2nd Floors)/ Drum Fit (3rd Floors) 1:30pm Table Games (2nd Floor)/Mahjong (3rd Floor) One on One Visits</p>	<p>21</p> 
<p>22</p> 	<p>23</p> <p>9:30am Chair Aerobics (1st/2nd/3rd Floors) 1:30pm Table Games (2nd Floor)/ Tai Chi (3rd Floor) One on One Visits</p>	<p>24</p> <p>9:30am Chair Aerobics (1st& 3rd Floors)/2nd Floor Drum Fit 1:30pm Baking (2nd Floor)/Table Games (3rd Floor) One on One Visits</p>	<p>25</p> <p>9:30am Chair Aerobics (1st & 2nd Floors) 1:30pm Bingo/Mahjong (3rd Floor) One on One Visits</p>	<p>26</p> <p>9:30am Chair Aerobics (1st/2nd/3rd Floors) 1:30pm October Birthday Party (2nd & 3rd Floors) One on One Visits </p>	<p>27</p> <p>9:30am Chair Aerobics (1st& 3rd Floors) 1:30pm Entertainment by G.E.M. Seniors Society (1st/2nd/3rd Floors) One on One Visits</p>	<p>28</p> <p>10:00am Catholic Church Hymn Sing (1st/2nd/3rd Floors) 1:30pm Card Games (3rd Floor) One on One Visits</p>
<p>29</p> <p>9:30am Chair Aerobics (1st & 3rd Floors) 2:00pm Church Service ECCC (1st/2nd/3rd Floors) One on One Visits</p>	<p>30</p> <p>9:30am Chair Aerobics (1st/2nd/3rd Floors) 1:30pm Tai Chi (2nd Floor)/Baking (3rd Floor) One on One Visits</p>	<p>31</p> <p>9:30am Chair Aerobics (1st& 3rd Floors)/2nd Floor Drum Fit 11:30am Halloween Parade 1:30pm Halloween Art Ghosts (2nd & 3rd Floors) One on One Visits  Halloween</p>	<h1>October 2023</h1> <h2>Recreation Calendar</h2>			