



EASTHOLME ACTIVITIES OCTOBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <u>10:30</u> St. Joseph's Communion Visits <u>11:00</u> Individual Visits 1:30 Hymn Sing with Jim Creasor	2 10:00 Knox Pen Pal Tea <i>(By Invitation Only)</i> <u>1:30</u> Crafts (South Wing) 6:30 Faith Chapel (Common Room)	3 <u>10:00</u> Fitness <u>10:30</u> Therapeutic Walks <u>1:30</u> Movies on the Unit	4 <u>1:45</u> Chapel Service (Pastor Stephen Ramsey) <u>6:15</u> Busy Hands (North Wing)	5 <u>10:30</u> Catholic Communion Service 1:45 Birthday Party <u>6:15</u> Individual Visits	6 <u>10:00</u> Fitness <u>10:30</u> Therapeutic Walks <u>11:00</u> Bible Study <u>1:30</u> Cards & Games	7 <u>11:00</u> Power Walks Tim Hortons Coffee & Tim Bits 1:30 North Wing 2 3:30 North Wing 3
8 <u>11:00</u> Individual Visits Tim Hortons Coffee & Tim Bits 1:30 South Wing 2 3:30 South Wing 3	9 	10 <u>10:00</u> Fitness <u>10:30</u> Therapeutic Walks <u>1:30</u> Bingo	11 <u>1:45</u> Chapel Service (Rev. Teresa Jones) <u>6:15</u> Art Therapy (South Wing)	12 <u>10:00</u> Individual Visits 1:30 Music with "Country Friends" <u>6:15</u> Music Therapy (North Wing 3)	13 <u>10:00</u> Fitness <u>10:30</u> Therapeutic Walks <u>11:00</u> Bible Study <u>1:30</u> Cards & Games	14 <u>11:00</u> Power Cycle <u>1:30</u> Creative Cooks (North Wing) <u>4:00</u> Individual Visits
15 <u>10:30</u> St. Joseph's Communion Visits <u>11:00</u> Individual Visits <u>1:30</u> Creative Cooks (South Wing) <u>4:00</u> Individual Visits	16 <u>10:00</u> Individual Visits <u>1:30</u> Bingo <u>6:15</u> Music Therapy (North Wing 2)	17 <u>10:00</u> Manicures (South Wing 2) <u>11:00</u> Manicures (South Wing 3) <u>3:15</u> Therapeutic Walks 7:00 Hoedown	18 <u>1:45</u> Chapel Service (Rev. Joan Locke) <u>6:15</u> Art Therapy (North Wing)	19 <u>10:30</u> Catholic Mass 1:30 Music with "L.A.C.E." <u>6:15</u> Individual Visits	20 <u>10:00</u> Fitness <u>10:30</u> Therapeutic Walks <u>11:00</u> Bible Study <u>1:30</u> Cards & Games	21 <u>11:00</u> Power Cycle <u>1:30</u> Shuffleboard <u>4:00</u> Individual Visits
22 <u>11:00</u> Individual Visits <u>1:30</u> Trivia <u>4:00</u> Individual Visits	23 <u>10:00</u> Individual Visits 1:30 Resident Council & Food Committee Meeting <u>1:30</u> Manicures (North Wing 2 & 3) <u>6:15</u> Individual Visits	24 <u>10:00</u> Fitness <u>10:30</u> Therapeutic Walks <u>1:30</u> Bingo	25 <u>1:45</u> Chapel Service (Pastor Rick Callery) <u>6:15</u> Music Therapy (South Wing 3)	26 <u>10:00</u> Individual Visits <u>12:30</u> Men's Group <u>6:15</u> North Wing Music With Grant & Eleanor (Common Room)	27 <u>10:00</u> Fitness <u>10:30</u> Therapeutic Walks <u>11:00</u> Bible Study <u>1:30</u> Cards & Games	28 <u>11:00</u> Power Cycle <u>1:30</u> Halloween Movie
29 <u>10:30</u> St. Joseph's Communion Visits <u>11:00</u> Individual Visits <u>1:30</u> Auditorium Halloween Decorating	30 <u>10:00</u> Individual Visits <u>1:30</u> Bingo <u>6:15</u> Music Therapy (South Wing 2)	31 1:45 Halloween Party Auditorium 	Montessori Therapy 4-4:30pm: Monday (S3), Wednesday (S2), Thursday(N2) Physiotherapy: Monday – Friday starting at 9am Restorative Therapy: Tuesdays & Fridays at 10:30am Volunteer Programs: Pet Therapy, Manicures, Friendly Visits, Knitting Group Other Services: Mail Delivery Weekdays 3:30 & Daily Paper Delivery, Hairdressing 3 days/wk			

Please Check Resident Information Board on Each unit for location or program changes
 You can always check out our calendar online at www.eastholme.ca