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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. Morning Coffee - MDR 10:00 Bilingual Catholic Mass - MDR 10:15  Parachute Fun- AR 1:30 Afternoon Tea- AR 2:00	2. Stretch and Flex-AR 9:45 Morning Coffee -AR 10:00 Arts & Crafts: Thankful Tree-AR 10:15 Fly Swatter Tennis AR 1:30 Afternoon Tea-AR 2:00	3. Morning Coffee -AR 9:45 Making Pumpkin Cheesecake-AR 10:00 Exercise Class-AR 10:15 Hockey-MDR  2:15 Afternoon Tea -MDR 3:00	4. Stretch and Flex-AR 9:45 Morning Coffee -AR 10:00 Exercise Class-AR 10:15 Salvation Army - MDR 2:15 Afternoon Tea- MDR 3:00	5. Morning Coffee - MDR 10:00 Zumba with Shelley Ortepi -MDR 10:15 BINGO - MDR 2:15 Afternoon Tea—MDR 3:00
6. Morning Coffee - AR 10:00 Exercise Class-AR 10:15 Volleyball-MDR 2:00 Afternoon Tea-MDR 3:00	7. Morning Coffee - MDR 10:00 BINGO - MDR  10:15 Manicures and Paraffin Hand Waxing - AR 1:30 Afternoon Tea-AR 2:00	8. Morning Coffee - MDR 10:00 Bilingual Catholic Mass - MDR 10:15 October Birthday Party & Sing-A-Long with Heather-MDR 2:15 Gospel Hall Hymn Sing - MDR 6:45	9. Morning Coffee - AR 10:00 Arts and Crafts-Paper Plate Turkey- AR 10:15 Rotary Club of North Bay Sponsored Fall Colour Tour 1:30  Afternoon Tea-MDR 3:00	10. Morning Coffee - AR 9:45 Baking: Pumpkin Spice Muffins-AR 10:00 Exercise Class-AR 10:15 Fall Fashion Show-MDR 2:15  Afternoon Tea - AR 3:00	11. Stretch and Flex-AR 9:45 Morning Coffee-AR 10:00 Thanksgiving Word Games-AR 10:15 Friday Afternoon Social and Movie-MDR 2:15	12. Morning Coffee - MDR 10:00 BINGO - MDR 10:15 Hymn Sing-AR 1:30 Afternoon Tea - AR 2:00
13. Stretch and Flex-AR 9:45 Morning Coffee - MDR 10:00 Cards and Games - MDR 10:15 Manicures and Paraffin Hand Waxing - AR 1:30 Afternoon Tea -AR 2:00	14. Thanksgiving Morning Coffee - MDR 10:00 BINGO - MDR 10:15 Pumpkin Bowling-MDR 2:15 Thanksgiving Tea Social-MDR 3:00   	15. Morning Coffee - MDR 10:00 Bilingual Catholic Mass - MDR 10:15 Hockey-MDR 2:15 Residents Council Meeting - AR 2:30 Afternoon Tea- MDR 3:00	16. Morning Coffee - AR 10:00 Arts and Crafts-Fall Crafts- AR 10:15  Cards and Games-AR 1:30 Afternoon Tea- AR 2:00	17. Morning Coffee - AR 10:00 Exercise Class-AR 10:15 Southshore Missionary Church Service- MDR 2:15 Afternoon Tea - MDR 3:00	18. Stretch and Flex-AR 9:45 Morning Coffee - AR 10:00 Word Games - AR  10:15 Friday Afternoon Social and Music with Norm Beaton-MDR 2:15	19. Morning Coffee - MDR 10:00 BINGO - MDR  10:15 Bean Bag Toss-AR 1:30 Afternoon Tea- AR 2:00
20. Stretch and Flex-AR 9:45 Morning Coffee - AR 10:00 Hymn Sing - AR 10:15 Manicures and Paraffin Hand Waxing - AR 1:30 Afternoon Tea - AR 2:00	21. Morning Coffee - MDR 10:00 Bilingual BINGO - MDR 10:15 Music with Rick-MDR 2:15  Afternoon Tea-MDR 3:00	22. Morning Coffee - MDR 10:00 Bilingual Catholic Mass - MDR 10:15 Afternoon Tea - AR 2:00 Exercise Class - AR 2:15	23. Morning Coffee - AR 10:00 Arts and Crafts-Halloween Crafts AR  10:15 Bowling - MDR 2:15 Afternoon Tea - MDR 3:00	24. Morning Coffee - AR 9:45 Baking Halloween Cookies - AR 10:00 Exercise Class -AR 10:30 South Shore Missionary Service MDR 2:15 Afternoon Tea -MDR 3:00	25. Stretch and Flex-AR 9:45 Morning Coffee - AR 10:00 Word Games - AR 10:15 Friday Afternoon Social and Pumpkin Carving -MDR 2:15 	26. Morning Coffee - MDR 10:00 BINGO - MDR 10:15 Bowling-AR  2:15 Afternoon Tea - AR 3:00
27. Stretch and Flex-AR 9:45 Morning Coffee - AR 10:00 Trivia - AR 10:15 Manicures and Paraffin Hand Waxing - AR 1:30 Afternoon Tea - AR 2:00	28. Morning Coffee - MDR 10:00 BINGO - MDR  10:15 Bean Bag Toss - AR 1:30 Afternoon Tea-AR 2:00	29. Morning Coffee - MDR 10:00 Bilingual Catholic Mass - MDR 10:15 Name that Tune-AR  1:30 Afternoon Tea- AR 2:00	30. Morning Coffee - AR 10:00 Pumpkin Carving-AR  10:15 Cards and Games-AR 1:30 Afternoon Tea - AR 2:00	31. HALLOWEEN   Morning Coffee—AR 10:00 Exercise Class-AR 10:15 Costume Party and Halloween Social-MDR 2:15 