

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# October 2015

## Inspirit Residences

<p>10:30 Coffee Hour-SD 2:00 Church Service-C 6:30 Documentary Hour-GR</p>	<p><b>4</b></p> <p><b>Nails with Mirium - S</b> <b>5</b></p> <p>10:00 Fun and Fitness-E <b>10:30 Coffee Hour with Liberal Candidate Kate Young for London West-DR</b> 2:30 Bingo-GR</p>	<p><b>6</b></p> <p>9:00 Grocery Shop- S 10:00 V.O.N Exercise- E 10:30 Coffee Hour- SD 11:00 Scrabble Club- GR 2:30 Jumbo Crossword Puzzles with Amanda-GR</p>	<p><b>7</b></p> <p>10:00 V.O.N Exercise- E 10:30 Coffee Hour- SD 1:00 Art Class with Cathy-A <b>2:30 Entertainment with Dan the Man a Country Performer-GR</b> 6:30 Documentary Hour-GR</p>	<p><b>1</b></p> <p>10:00 Bible Study-C 10:30 Coffee Hour- SD 11:30 Lunch Bunch- S Boss Hogs 2:15 Walking Club-S 3:30 Tai Chi- E 7:30 Variety of Cards- SD</p>	<p><b>2</b></p> <p>9:00 Drop and Shop- S 10:00 V.O.N Exercise- E 10:30 Coffee Hour- SD 2:00 Movie Matinee <i>Resident's Choice</i></p>	<p><b>3</b></p> <p>10:30 Coffee Hour- SD 2:00 Afternoon Tea- SD <b>2:30 Postcard Club with Catherine-GR</b> Weekend Puzzles ~ Mailbox locations</p>
<p><b>11</b></p> <p>10:30 Coffee Hour-SD 2:00 Church Service-C 6:30 Documentary Hour-GR</p>	<p><b>12</b></p> <p>10:30 Fun and Fitness is Canceled today 10:30 Coffee Hour-SD <b>Thanksgiving Dinner</b> <b>4:00 Dinner 1st Seating</b> <b>6:00 Dinner 2nd Seating</b> <b>Please RSVP with the Kitchen</b></p> <p><small>Columbus Day (US) Thanksgiving Day (Canada)</small></p>	<p><b>13</b></p> <p>9:00 Grocery Shop- S 10:00 V.O.N Exercise- E 10:30 Coffee Hour- SD 11:00 Scrabble Club- GR 2:30 Social Committee with Amanda-SD</p>	<p><b>14</b></p> <p>10:00 V.O.N Exercise- E 10:30 Coffee Hour- SD 1:00 Art Class with Cathy-A <b>2:30 Yurek Tune Up-GR</b> 6:30 Documentary Hour-GR</p>	<p><b>8</b></p> <p>10:00 Bible Study-C 10:30 Coffee Hour- SD 11:30 Lunch Bunch- S Montanas Cookhouse 3:30 Tai Chi- E 7:30 Variety of Cards- SD</p> <p><i>*Last day to sign up for pies</i></p>	<p><b>9</b></p> <p>9:00 Drop and Shop- S 10:00 V.O.N Exercise- E 10:30 Coffee Hour- SD Pet Therapy ~Kate and Marley visit 2:00 Movie Matinee- GR <i>Wizard of Oz</i></p>	<p><b>10</b></p> <p><b>Barber day with Marion</b></p> <p>10:30 Coffee Hour- SD 2:00 Afternoon Tea- SD Weekend Puzzles ~ Mailbox locations</p>
<p><b>18</b></p> <p>10:30 Coffee Hour-SD 2:00 Church Service-C 6:30 Documentary Hour-GR</p>	<p><b>19</b></p> <p>10:00 Fun &amp; Fitness-E <b>10:30am-8pm Elections Canada-GR &amp; C Open to the public and residents</b> 10:30 Coffee Hour-SD</p>	<p><b>20</b></p> <p>9:00 Grocery Shop- S 10:00 V.O.N Exercise- E 10:30 Coffee Hour- SD <b>Supporting the Alzheimer Society at Inspirit-SD</b> 11:00 Scrabble Club- GR <b>2:30 Cabaret Music and Magic-GR</b></p>	<p><b>21</b></p> <p>10:00 V.O.N Exercise- E 10:30 Coffee Hour- SD 1:00 Art Class with Cathy-A <b>2:00 Men's Only Outing Country drive followed by a coffee shop-S</b> 6:30 Documentary Hour-DR</p>	<p><b>15</b></p> <p>10:00 Bible Study-C 10:30 Coffee Hour- SD 11:30 Lunch Bunch- S Boston Pizza 3:30 Tai Chi- E 4:00 Living with Loss Series- C 7:30 Variety of Cards- SD</p>	<p><b>16</b></p> <p>9:00 Drop and Shop- S 10:00 V.O.N Exercise- E 10:30 Coffee Hour- SD 2:00 Movie Matinee- GR <i>Music of the Heart</i> <b>7:00 Faith at the Flicks-GR</b></p>	<p><b>17</b></p> <p>10:30 Coffee Hour- SD 2:00 Afternoon Tea- SD <b>2:30 Pumpkin Carving and Fall Festivities with Catherine-GR</b> Weekend Puzzles ~ Mailbox locations</p>
<p><b>25</b></p> <p>10:30 Coffee Hour-SD 2:00 Church Service-C 6:30 Documentary Hour-GR</p>	<p><b>26</b></p> <p>10:00 Fun &amp; Fitness-E 10:30 Coffee Hour-SD <b>2:30 Slide presentation with Ruth Dettmer: "The Fjords of Norway by Coastal Steamer and Finland"-GR</b></p>	<p><b>27</b></p> <p>9:00 Grocery Shop- S 10:00 V.O.N Exercise- E 10:30 Coffee Hour- SD 11:00 Scrabble Club- GR <b>2:30 Halloween "Cookie Bouquet" decorating-DR</b></p>	<p><b>28</b></p> <p><b>Foot Care</b></p> <p>10:00 V.O.N Exercise- E 10:30 Coffee Hour- SD 1:00 Art Class with Cathy-A <b>2:30 Birthday Celebrations with Jim Ashby-GR</b> 6:30 Documentary Hour-DR</p>	<p><b>22</b></p> <p>10:00 Bible Study-C 10:30 Coffee Hour- SD 11:30 Lunch Bunch- S <b>SpartaHouse Tea Room</b> 3:30 Tai Chi- E 4:00 Living with Loss- C 7:30 Variety of Cards- SD</p>	<p><b>23</b></p> <p>9:00 Drop and Shop- S 10:00 V.O.N Exercise- E 10:30 Coffee Hour- SD <b>2:30 Fall Harvest Flower Arranging-S</b></p>	<p><b>24</b></p> <p>10:30 Coffee Hour- SD 2:00 Afternoon Tea- SD Weekend Puzzles ~ Mailbox locations</p>
<p><b>25</b></p> <p>10:30 Coffee Hour-SD 2:00 Church Service-C 6:30 Documentary Hour-GR</p>	<p><b>26</b></p> <p>10:00 Fun &amp; Fitness-E 10:30 Coffee Hour-SD <b>2:30 Slide presentation with Ruth Dettmer: "The Fjords of Norway by Coastal Steamer and Finland"-GR</b></p>	<p><b>27</b></p> <p>9:00 Grocery Shop- S 10:00 V.O.N Exercise- E 10:30 Coffee Hour- SD 11:00 Scrabble Club- GR <b>2:30 Halloween "Cookie Bouquet" decorating-DR</b></p>	<p><b>28</b></p> <p><b>Foot Care</b></p> <p>10:00 V.O.N Exercise- E 10:30 Coffee Hour- SD 1:00 Art Class with Cathy-A <b>2:30 Birthday Celebrations with Jim Ashby-GR</b> 6:30 Documentary Hour-DR</p>	<p><b>29</b></p> <p>10:00 Bible Study-C 10:30 Coffee Hour- SD 11:30 Lunch Bunch- S Swiss Chalet 3:30 Tai Chi- E 4:00 Living with Loss cancelled <b>4:00 The Gallery-GR</b> 7:30 Variety of Cards- SD</p>	<p><b>30</b></p> <p>9:00 Drop and Shop- S 10:00 V.O.N Exercise- E 10:30 Coffee Hour- SD 2:30 Movie Matinee-GR <i>Big</i></p>	<p><b>31</b></p> <p>10:30 Coffee Hour- SD 2:00 Afternoon Tea- SD <b>2:30 Halloween Social-GR</b> <b>5:30 Spooky Dinner-DR</b></p> 