

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 2025 <i>Embracing Autumn: A Month of Harvest, Gratitude, and Celebration</i>			Good Morning Table Games Fun & Fitness Individual Cognitive Therapy Riddle Me This Welcome to October Movement to Music Scrabble Yom Kippur Begins	1 Chronicles Rizzo's Paw Visit Movement to Music Individual Cognitive Therapy Air Hockey Travelogue Germany Move & Groove	2 News & Views Cranium Crunches Tai Chi Individual Cognitive Therapy Bowling What Am I? Afternoon Fitness	3 Breakfast Club Hot Seat Game Yoga Balloon Volleyball The Price is Right Stretch & Flex Board Games
Weekend News Ageless Spirit - St. Francis Day Exercise Class Junk Yard Detective Shuffleboard Creative Movement	5 Monday Mornings Word Games Sit & Fit Rizzo's Paw Visit Jeopardy Fitness Club Mystery Monday Sukkot Begins	6 Breakfast Club Scattergories Chair Dancing Riddle Me This Rover Program Balloon Batting Active Games	7 Coffee & Chatter Shout it Out! Love to Move Individual Cognitive Therapy Amazing Invention Simple Stretches Karaoke	8 Greetings Rizzo's Paw Visit Rhythm & Move Board Games Low Impact Fitness Happy Hour	9 Highlights Puzzles Tai Chi Individual Cognitive Therapy Harvest Home Bingo Pictionary Basketball	10 Saturday News Jewelry Making Let's Move Individual Cognitive Therapy Timeless Trivia Bowling Afternoon Fitness
Sunday Catchups Odd One Out Rise & Shine Stretch Individual Cognitive Therapy Lucky Roll Pumpkin Patch Bingo Boogy Ooogy Movements	12 Breakfast Club Categories Simple Stretch Individual Cognitive Therapy All About Thanksgiving Thanksgiving Celebration Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	13 Tuesday Chronicles Secret Quote Let's Get Fit Place to Face Guess Who Basketball Shootout Simchat Torah Begins	14 Happy Day This or That Zumba Individual Cognitive Therapy Bowling Movement to Music Happy Hour	15 Morning Mingle Rizzo's Paw Visit Move & Groove Individual Cognitive Therapy Bucket Ball Time Travel 60's & 70's Stretch & Flex	16 Friday News Cranium Crunches Tai Chi Individual Cognitive Therapy Roller Ball Free Flow Fitness Scrabble	17 Greetings Daily Chronicles High Impact Exercises Table Games Basketball Shootout Shuffleboard Fun & Fitness
Happy Sunday Reading Club Fun & Fitness Jeopardy Mini Golf Let's Move	19 Monday Catchups Scattergories Move it to Gain it Rizzo's Paw Visit All About: Diwali Meditate & Stretch Happy Diwali!	20 This Day in History Where in the World Total Fitness Bowling Birthday Celebration	21 Headlines Word Jumble Power Moves Individual Cognitive Therapy Balloon Volleyball Fitness Club Karaoke	22 Good Mornings Old Wives Tales Muscle Aerobics Dominoes Table Games Basketball Tournament	23 Rise & Shine Chat Pictionary Tai Chi Individual Cognitive Therapy Noodle Ball All About: Picasso Balloon Games	24 Saturday News Categories Weekend Exercises Individual Cognitive Therapy Crafts Corner Fun & Games Dominoes
Sunday Greetings Spiritual Wisdom Gentle Stretches Individual Cognitive Therapy You be the Judge Mini Golf Afternoon Fitness	26 Coffee & Chatter Old Wives Tales Chair Dancing Individual Cognitive Therapy Rizzo's Paw Visit Medieval Castles Artist Impression	27 Highlights What's the Word Time to Move History Time Pumpkin Carving Demo Yoga Stretches	28 Happy Day Word Search Fitness Individual Cognitive Therapy Air Hockey Sing Along Fun & Fit	29 Morning Chat Rizzo's Paw Visit Moving & Grooving Individual Cognitive Therapy Bio: Count Dracula Get Fit Scrabble	30 Table Topics White Board Games Boo Fitness Individual Cognitive Therapy All About: Frankenstein Halloween Celebration Halloween	31  www.cedarhursthme.ca

The timing and length of the activities may change as they are driven by residents' interest and engagement. "Individual visits also occur"