

October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>www.cedarhursthme.ca</p>	<p><i>Timing and length of activities are driven by residents' interest and engagement.</i></p>			<p>1</p> <p>Morning Stretches Cranium Crunches Spa Cart Birthday Celebration</p>	<p>2</p> <p>Spiritual Readings Seated Yoga BINGO! Current Topics</p>	<p>3</p> <p>Youtube Weekly Dance Fitness Dominoes Artists Corner</p>
<p>4</p> <p>Patio Chats Sit and Be Fit Exploring Germany Pretzels and Brew Oktoberfest</p>	<p>5</p> <p>Tablet Time Patio Stretches Turkey Card Making Spa Cart</p>	<p>6</p> <p>Documentary Cranium Crunches Fitness Time Science Experiments</p>	<p>7</p> <p>Youtube Weekly Patio Stretches What am I? Art with Mackenzie</p>	<p>8</p> <p>Cranium Crunches Fitness Time Spa Cart Pumpkin Painting</p>	<p>9</p> <p>Seated Yoga Chess and Checkers Day Food for Thought</p>	<p>10</p> <p>Knitting Club Spiritual Readings Peanuts Cartoon Day Xbox Fun</p>
<p>11</p> <p>Daily Chronicles Bowling Day All About Apples Apple Cider Social</p>	<p>12</p> <p>Tablet Games Stretch and Flex Thanksgiving Discussion Turkey Game Thanksgiving</p>	<p>13</p> <p>Ping Pong Toss Cranium Crunches Passport to Montreal Tablet Time</p>	<p>14</p> <p>Spa Cart Sit and Be Fit Fall Craft Star of the Month: Richard Harris</p>	<p>15</p> <p>Morning Chats Spiritual Meditation Scoops and Games Knitting Club</p>	<p>16</p> <p>Cranium Crunch Seated Yoga Science Experiments Bracelet Making</p>	<p>17</p> <p>Daily Chronicles Stretch and Flex Artists Corner You be the Judge</p>
<p>18</p> <p>Knitting Club Patio Stretches National Geographic Day Xbox Fun</p>	<p>19</p> <p>Morning Chats Pumpkin Bowling Spiritual Readings Spa Cart</p>	<p>20</p> <p>Cranium Crunches BINGO! Fitness Time Mosaic Leaf Art</p>	<p>21</p> <p>Youtube Weekly Birthday Bingo! Knitting Club Birthday Celebration</p>	<p>22</p> <p>Tablet Time Sit and Be Fit Exploring Iceland Board Games</p>	<p>23</p> <p>Seated Yoga Knitting Club Creative Writing Murder Mystery Boggle</p>	<p>24</p> <p>Word Searches Dance Fitness Hot Seat Reading Group</p>
<p>25</p> <p>Sculpting Class Patio Stretches BINGO! Halloween Décor Making</p>	<p>26</p> <p>Spiritual Meditation Tai Chi Xbox Fun Wheel of Fortune</p>	<p>27</p> <p>Documentary Cranium Crunches Exploring Salem Family Feud</p>	<p>28</p> <p>Daily Chronicle Stretch and Flex Hot Chocolate Social Art with Mackenzie</p>	<p>29</p> <p>Tablet Time Sit and Be Fit Spooky Story Reading Group Board Games</p>	<p>30</p> <p>Seated Yoga Knitting Club Creative Writing Monster Mash Happy Hour</p>	<p>31</p> <p>Spooky Cranium Crunches Trick or Treat (reverse) WITCH Bingo Halloween Party! Halloween</p>