




October 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 www.cedarhursthome.ca				Oct 1 – Happy International Day of Older Persons!	In The News 1 Word Ladder Chair Yoga with Sally Passport Friday: Iceland Birthday Celebration & Entertainment	Morning Greetings 2 Shout it Out! Art Club: Fall Colours Saturday News Mini Golf Saturday Tunes
Morning Greetings 3 5 Second Rule Fitness Time Artist Club: Frida Kahlo Shuffleboard and games	Breakfast Club 4 Cranium Crunches Ageless Spirit Art Club: Pumpkin Craft Stretch & Flex Mystery Monday	Table Topics 5 World Teachers Day Walking Club In The Kitchen: Apples Painting pumpkins Minute To Win It Game	Morning News 6 Scattegories Ageless Spirit Love To Move Travelogue: Philippines Let's Bowl!	Headline News 7 Word Games Feel Good News! Architecture of the World History of TV Dinners Pumpkin Toss Game	In the News 8 Cranium Crunches Chair Yoga with Sally The Savvy Traveler: Germany Art Club: Pumpkin painting Octoberfest Celebration	Weekend News 9 Wacky Wordies Balloon Tennis You Be The Judge History: Black Cats Day Sing-Along and Spa Cart
Morning Greetings 10 Art Class: Thanksgiving praise Poetry Reading Fun With Fitness Reading Circle: Giving Thanks Pumpkin Patch Bingo	Breakfast Club 11 Word Game Musical Balls History of Chateau Lake Louise Thanksgiving Entertainment Happy Thanksgiving Day	Table Topics 12 Cranium Crunches Spa Time Walking Club In The Kitchen: Mini Pizzas Pub Tuesday	Morning News 13 The Science of Carbonation Science Class: Science of Carbonation Riddle Me This: Great Outdoors Shuffleboard Concert: Barbara Streisand	Headline News 14 Scattegories Fitness Fun Fun With Poetry Ageless Spirit Games Table	In The News 15 Wacky Wordies Chair Yoga with Sally Passport Friday: Badwater Basin, Nevada Art Club: Fun with Yarn Happy Hour	Saturday News 16 What's Wrong With This Picture The 2 Minute Mystery Daily Chronicles Saturday Fitness Mini Golf
Morning Greetings 17 Secret Quote Word Game Fitness Sunday All About the Wind Shuffleboard	Breakfast Club 18 Junk Drawer Detective National Geographic Day Stretch & Flex Card Games: "Go Fish" Mystery Monday	Table Topics 19 Cranium Crunches Road Trip: Scenic Drives Spa Cart Kitchen: Chocolate Chip Pumpkin Bars Mini Golf	Morning News 20 Word Games Bean Bag Toss Armchair Travel Google Maps Hot Seat Game Gala Concert: Hauser & Friends	Headline News 21 Cranium Crunches Ageless Spirit In The Kitchen: Cookie Decorating Afternoon exercise Happy Hour	In The News 22 Scattegories Chair Yoga with Sally Riddle Me This: Fun Facts Feel Good News Spin The Wheel	Weekend News 23 Wacky Wordies Balloon Tennis History of Chocolate Hot Chocolate Social Sing-Along
Morning Greetings 24 Hot Seat Game Poetry Reading Fun With Fitness Spin The Wheel Board Games	Breakfast Club 25 Scattegories Musical Balls Junk Drawer Detective Greatest Unsolved Mysteries of The World Mystery Monday	Table Topics 26 Cranium Crunches Pasta: The Universal Food In The Kitchen: Stuffed Pasta Shells Spa Time Happy Hour	Morning News 27 Word Mining Shuffleboard Art Club: Black Cat Wednesday Spin the Wheel Easy Listening Concert	Headline News 28 Cranium Crunches Ageless Spirit Fitness Fun Where In The World Happy Hour	In The News 29 Fun With Words Chair Yoga with Sally Bio: Frankenstein Friday! 5 Second Rule Happy Hour	Table Topics 30 Word Puzzle Artist Impression: Joan Miro Spin The Wheel Reading Circle: The 2 Minute Mystery Balloon Tennis
Morning Greetings 31 Shout it Out! Travelogue: Transylvania Halloween Party & Entertainment Happy Halloween				*Timing and length of activities are driven by residents' interest and engagement. *Individual visits also occur based on resident preferences.		