

October 2025

Hespeler Home Area

| Sunday                                                                                                                                                     | Monday                                                                                                                                                                                                       | Tuesday                                                                                                                                                                                                                                                                                     | Wednesday                                                                                                                                                                                                                                    | Thursday                                                                                                                                                                                                                                                | Friday                                                                                                                                                                                                           | Saturday                                                                                                                                                                                                                       |
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|                                                                                                                                                            |                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                             | <b>1</b><br>8:30am Morning Greetings<br>9:00am Baking<br><b>10:30am Pump it Up!</b><br>11:00am Walks to Lunch<br>11:30am Walk and Talk<br><b>1:00pm Music with Jen</b><br>2:00pm Decorating Lobby for Halloween                              | <b>2</b><br>8:30am Morning Greetings<br>9:00am trivia<br><b>10:00am Pumpkin Patch</b><br><b>10:30am Liturgy of the Word or Praying the Rosary- Blair</b><br>11:30am Walk and Talk<br>1:30pm Board Games<br>3:00pm One-on-One (Hespeler)                 | <b>3</b><br><b>9:30am Pump it Up</b>                                                                                                                                                                             | <b>4</b><br>8:30am Morning Greetings<br>9:15am Seated Exercise<br>9:30am Baking<br>10:15am Trivia (Hespeler)<br>1:15pm Manicures (Hespeler)<br>1:15pm Zen Colouring<br>2:00pm Craft (Hespeler)<br>3:00pm One-on-One (Hespeler) |
| <b>5</b><br>8:30am Morning Greetings<br>9:15am Seated Exercise<br>9:30am Bingo<br>11:30am Walks and Talks (Hespeler)<br>1:30pm Movie<br>3:00pm Reminiscing | <b>6</b><br><b>9:30am Pump it Up!</b>                                                                                                                                                                        | <b>7</b><br>8:30am Morning Greetings<br>9:15am Seated Exercise<br>10:00am Reading Group<br>11:30am Walk and Talk<br><b>1:00pm Henna Tattoo Lobby 1-3</b><br>1:30pm Trivia (Hespeler)<br>2:15pm Board Games<br>3:00pm chit chat talk                                                         | <b>8</b><br><b>SPiRiT DAY: Wear Warm Colours (Red, Orange, Yellow)</b><br><b>10:30am Pump it Up!</b><br>11:00am story telling<br>11:30am Walk and Talk<br>2:00pm Baking<br>3:00pm Craft (Hespeler)<br>5:45pm Card Games                      | <b>9</b><br>8:30am Morning Greetings<br>9:15am Seated Exercise<br>9:15am Trivia (Hespeler)<br><b>10:30am Liturgy of the Word or Praying the Rosary- Blair</b>                                                                                           | <b>10</b><br>8:30am Morning Greetings<br><b>9:30am Pump it Up</b><br>10:00am Board Games<br>11:30am Walks and Talks (Hespeler)<br>2:00pm Bingo<br>3:00pm Reminiscing                                             | <b>11</b>                                                                                                                                                                                                                      |
| <b>12</b><br><b>2:30pm Thanksgiving Service with Chaplain Daria - Preston</b>                                                                              | <b>13</b><br><b>Thanksgiving Day</b><br>8:30am Morning Greetings<br>9:10am Baking<br>10:30am Board Games (Blair)<br>11:30am Walks and Talks (Hespeler)<br>2:00pm Bingo<br><b>2:00pm Thanksgiving Drop In</b> | <b>14</b><br><b>Pink Shirt Day for Breast Cancer Awareness</b><br>8:30am Morning Greetings<br>9:15am Seated Exercise<br>9:30am Trivia (Hespeler)<br>10:00am Reading Group<br><b>11:00am Portuguese Rosary - PR</b><br>1:30pm Board Games & Euchre<br><b>3:30pm Spirit Circle (Hespeler)</b> | <b>15</b><br>8:30am Morning Greetings<br>9:00am Reminiscing<br><b>10:00am Pumpkin Carving Contest</b><br><b>10:30am Pump it Up!</b><br>11:30am Walk and Talk<br>1:15pm Colouring - FDR<br><b>2:15pm Music with Jen</b><br>3:00pm Coffee Chat | <b>16</b><br>8:30am Morning Greetings<br>9:15am Seated Exercise<br>9:30am Trivia (Hespeler)<br><b>10:30am Catholic Mass - PR</b><br>11:30am Walk and Talk<br>1:30pm Board Games & uno<br>3:00pm Reminiscing                                             | <b>17</b><br><b>9:30am Pump it Up</b>                                                                                                                                                                            | <b>18</b><br>8:30am Morning Greetings<br>9:15am Seated Exercise<br>9:30am story telling<br>10:30am hangman<br>2:00pm Bingo on Hespeler<br><b>2:30pm Memorial Service (Preston)</b>                                             |
| <b>19</b><br>8:30am Morning Greetings<br>9:15am Baking<br>10:00am Board Games<br>1:30pm Movie<br>3:00pm One-on-One                                         | <b>20</b>                                                                                                                                                                                                    | <b>21</b><br>8:30am Morning Greetings<br>9:15am Seated Exercise<br>9:15am Trivia (Hespeler)<br>10:00am Reading Group<br>11:30am Walk and Talk<br>2:00pm Active Games<br><b>2:00pm Resident Council</b><br>3:00pm Reminiscing                                                                | <b>22</b><br><b>Spirit Day: Cozy Sweater Day</b><br><b>10:30am Pump it Up!</b><br>1:00pm Craft (Hespeler)<br>3:00pm Bingo<br>5:45pm card games                                                                                               | <b>23</b><br>8:30am Morning Greetings<br>9:15am Seated Exercise<br>9:30am Baking<br><b>10:30am Liturgy of the Word or Praying the Rosary- Blair</b><br>11:30am Walk and Talk<br>1:30pm Active Games<br><b>3:00pm Church Service with Chaplain Daria</b> | <b>24</b><br><b>Guess the Number of Candies in The Jar</b><br>8:30am Morning Greetings<br><b>9:30am Pump it Up</b><br>10:00am story telling<br>11:30am Walk and Talk<br>1:30pm Board Games<br>3:00pm Reminiscing | <b>25</b>                                                                                                                                                                                                                      |
| <b>26</b>                                                                                                                                                  | <b>27</b><br><b>Wear Witch Hat</b><br>8:30am Morning Greetings<br><b>9:30am Pump it Up!</b><br>10:00am craft<br>11:30am Walk and Talk<br>1:30pm Zen Colouring<br>3:00pm chit chat visits                     | <b>28</b><br><b>Halloween Headwear</b><br>8:30am Morning Greetings<br>9:15am Trivia<br>10:00am Reading Group<br><b>11:00am Portuguese Rosary - PR</b><br>1:30pm Board Games<br>3:00pm Reminiscing                                                                                           | <b>29</b><br><b>Orange and Black Day</b><br>8:30am Morning Greetings<br>9:00am Crafts<br><b>10:30am Pump it Up!</b><br>11:30am Walk and Talk<br><b>2:00pm Music Entertainment - GR</b>                                                       | <b>30</b><br><b>Crazy Hair Day</b><br>8:30am Morning Greetings<br>9:15am Baking<br><b>10:30am Liturgy of the Word or Praying the Rosary- Blair</b><br>11:30am Walk and Talk                                                                             | <b>31</b><br><b>Halloween Costume Contest</b><br><b>9:30am Pump it Up</b><br><b>2:00pm Halloween Party</b>                                                                                                       |                                                                                                                                                                                                                                |

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|--|--|--|--------------------|----------------------------------------------|--|--|
|  |  |  | 3:00pm Reminiscing | 1:30pm Pumpkin Spice Latte<br>Traveling Cart |  |  |
|  |  |  |                    | 1:45pm Bingo                                 |  |  |
|  |  |  |                    | 3:00pm chit chat visits                      |  |  |

FDR - Family Dining Room