

Tanya and Pam are your Recreation Coordinators, please reach out if you have any questions or program ideas. All programs are subject to change at anytime.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			9:15am Body Balance - SFDR 10:00am Art & Crafts - SFDR 10:00am Fishing & Picnic in Port Rowan - V 1:15pm Friendly Visits - SFDR 3:15pm Card Games - SFDR 6:30pm Music Throwback - SFDR	9:15am Get Energized - SFDR 1:15pm Friendly Visits - SFDR 2:00pm Catholic Church Service - Chap 3:30pm Word Fun - SFDR 6:15pm Movie & Munchies - SFDR	9:15am Stretching Class - SFDR 10:00am Art & Crafts - SFDR 1:30pm Bocchia Ball - SFDR 3:00pm Drumming Circle - SFDR 6:30pm Karaoke - Chap	10:00am Seated Yoga - SFDR 1:15pm Friendly Visits - SFDR 2:00pm Baking - SFDR 
5	6	7	8	9	10	11
10:00am Word Fun - SFDR 1:15pm Friendly Visits - SFDR 3:00pm Armchair Travel - SFDR 3:00pm Hymn Sing - Chap	10:00am Picking Pumpkins at Dalton White Farm Market - V 1:15pm Friendly Visits - SFDR 2:30pm Seated Yoga - SFDR 3:30pm Around The Harvest Table - SFDR	9:15am Get Energized - SFDR 9:30am Music With Krystina - SFDR 1:15pm Friendly Visits - SFDR 3:00pm Bingo - QLDR 6:15pm Movie and Munchies - SFDR	9:15am Body Balance - SFDR 10:00am Outing to the Simcoe Fair - V 1:15pm Friendly Visits - SFDR 2:00pm Crafting Time - SFDR 3:30pm Readers Corner - SFDR 6:30pm Word Fun - SFDR	10:00am Active Games-Balloon toss - SFDR 1:30pm Fall Glamour Shots - Chap 3:15pm Music & Movement - SFDR 3:30pm Bowling - QLDR	9:45am Readers Corner - SFDR 10:30am Word Fun - SFDR 2:00pm Thanksgiving Social - SFDR 3:30pm Manicures - SFDR 6:30pm Music Throwback - SFDR	1:15pm Friendly Visits - SFDR 1:30pm Baking Sweet Marie Bars! - SFDR 3:00pm Bango - SFDR 4:00pm Eye Glass Cleaning - SFDR 6:30pm Sing Along - SFDR
12	13	14	15	16	17	18
1:30pm Dance Club - SFDR 3:00pm Hymn Sing - SFDR 3:00pm Hymn Sing - Chap 4:00pm Daily Chronicles - SFDR 6:30pm Youtube Concerts - SFDR	Happy Thanksgiving! 1:15pm Friendly Visits - SFDR 3:00pm Readers Corner - SFDR 6:30pm Karaoke - SFDR 	9:15am Pump it Up! - SFDR 10:00am Art Expression - SFDR 11:00am Hand Spa Treatments - SFDR 2:00pm Drumming Circle - SFDR 3:30pm Daily Chronicles - SFDR 6:30pm Community Bingo - QLDR	9:15am Body Balance - SFDR 10:00am Lunch at Tillsonburg Airport - V 1:15pm Friendly Visits - SFDR 3:00pm Mindful Moments To Music - SFDR 6:30pm Music Throwback - SFDR	9:15am Get Energized - SFDR 1:30pm Residents Council - QLDR 2:30pm Entertainment with the Melody Makers - Chap 6:15pm Movie & Munchies - SFDR	9:15am Stretching Class - SFDR 1:30pm Art Expression Self Portrait - SFDR 2:30pm Daily Chronicles - SFDR 3:30pm Dance Club - SFDR 6:30pm Pub Night with John Moorehouse - Bist	10:00am Seated Yoga - SFDR 1:15pm Friendly Visits - SFDR 3:15pm Baking - SFDR 
19	20	21	22	23	24	25
10:00am World News & Views - SFDR 1:15pm Friendly Visits - SFDR 2:00pm Board Games - SFDR 3:00pm Hymn Sing - Chap	10:00am Seated Yoga - SFDR 1:15pm Friendly Visits - SFDR 3:15pm Music For Memories with Instruments - SFDR	9:15am Get Energized - SFDR 9:30am Music With Krystina - SFDR 3:00pm Bingo - QLDR 3:00pm Drumming Circle - SFDR 6:30pm Coffee, News, & Views - SFDR	9:15am Body Balance - SFDR 10:00am Discussion Group with Pastor Kring - HWDR 1:30pm Movement to Music - SFDR 3:00pm Birthday Party with Archie Wright - GLWDR 6:30pm Hang Man - SFDR	10:00am Active Games-chair soccer - SFDR 12:00pm October Birthday Lunch - Bist 1:15pm Friendly Visits - SFDR 3:15pm Board Games - SFDR 3:30pm Bowling - QLDR	9:45am Daily Chronicles - SFDR 10:30am Word Fun - SFDR 1:30pm Pumpkin Painting - SFDR 3:00pm Manicures & Hand Massages - HWDR 6:30pm Music Throwback - SFDR	1:15pm Friendly Visits - SFDR 1:45pm Dance Club - SFDR 4:15pm EZ Does it- Random Trivia - SFDR 6:30pm Sing Along - SFDR
26	27	28	29	30	31	
1:15pm Friendly Visits - SFDR 1:45pm Baking - SFDR 3:00pm Hymn Sing - Chap 4:00pm Daily Chronicles - SFDR 6:30pm Sunday Night Movie - SFDR	10:00am Seated Yoga - SFDR 1:15pm Friendly Visits - SFDR 3:00pm Happy Hour with Jack Coulson - Bist	9:15am Pump it Up! - SFDR 10:00am Art Expression - SFDR 11:00am Hand Spa Treatments - SFDR 1:15pm Friendly Visits - SFDR 3:00pm Bingo - QLDR	9:15am Body Balance - SFDR 10:00am Norfolk Scenic Drive - V 1:30pm Church Service with Pastor Kring - Chap 6:30pm Music Throwback - SFDR	9:15am Get Energized - SFDR 1:15pm Euchre/Crib Group - Bist 1:15pm Friendly Visits - SFDR 2:00pm Around The Harvest Table - SFDR 3:15pm Games - SFDR 6:15pm Movie & Munchies - SFDR	Happy Halloween! 10:30am Mom & Baby Costume Visit - Chap 1:15pm Friendly Visits - SFDR 1:30pm Hallowe'en Fun - SFDR 3:00pm Halloween Party with Terry Carter - Bist 6:30pm Spooky Karaoke & Candy Bags - Chap	