

Programs & locations are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00am Faith & Film - Chapel 11:30am Q-tip Painting - RGAR 2:30pm Community Movie - MLDR
2 9:30am Board Games - RGDR 11:30am Chair Yoga - RGAR 3:00pm Church Service - VPDR Daylight Savings Time: Fall Back	3 10:00am Pump it Up - RGL 11:30am Manicure Monday - RGRR 2:00pm Faith and Friends with Chaplain Megan-RGDR 3:00pm Baking! - RGAR 6:00pm Making Sensory Bins! - RGDR	4 9:30am What's in the News? - RGAR 11:30am Noodle Balloon - RGAR 2:00pm Guided Meditation - RGAR 3:30pm One to One - RGRR	5 9:30am Fun and Fitness - RGAR 11:00am Making Paper Snowflakes - RGAR 2:30pm Bingo - FCDR	6 10:00am Axe Throwing - RGAR 11:30am Who/What Am I? - RGL 2:00pm Card Games - RGAR 3:30pm Get to know you - RGRR	7 11:30am Balloon Badminton - RGAR 1:30pm Music Reminiscing - RGAR 3:00pm Colouring 6:00pm Travelogue - FCEL 	8 11:00am Army Silhouette Craft / History of Poppy - RGAR 1:30pm Fun and Fitness - RGAR 2:30pm Specialty Coffee Time - MLDR 6:00pm Trivia! - RGAR
9 9:30am Baking - RGDR 11:30am Simon Says - RGAR 3:00pm Church Service - VPDR 	10 10:00am Pump it Up - RGL 11:30am Manicure Monday - RGRR 2:00pm Remembrance Day Social - RGAR 6:30pm In Flounders Field Poem - RGAR	11 Remembrance Day 10:45am Remembrance Day Service-VPDR 2:00pm Card Games 3:30pm Songs of Remembrance Group with Chelsea - RGL	12 10:15am Travelling RC Communion - TC 11:00am Creative Faith with Chaplain Megan-RGDR 2:30pm Bingo - FCDR	13 9:30am Balloon Badminton - RGAR 11:30am Short Stories - RGAR 2:30pm Entertainment with Bob MacLean - FCDR	14 2:00pm Bean Bag Toss - RGAR 3:00pm Short Stories - RGAR 6:15pm Casino Night-Market Lane 	15 9:30am Animal Bingo - RGAR 11:30am Chair Zumba! - RGAR 2:30pm Community Movie - MLDR
16 9:30am Bracelet Making - RGAR 11:30am Natures Documentary - EPDR 2:30pm Trivia & Coffee - RGAR	17 10:00am Pump it Up - RGL 11:00am Christmas Decorating! - RGAR 3:00pm Church Service-VPDR 6:30pm Manicure Monday - RGRR	18 9:45am For the Spirit with Chaplain Jen - EPDR 11:30am Bowling! - RGAR 2:00pm Baking - RGAR	19 9:30am Horseshoes - RGAR 11:00am Colouring - RGAR 2:30pm Bingo - FCDR	20 10:00am Basketball - RGL 11:30am Reminiscing - RGL 2:00pm Guess the price - RGL 3:30pm Get to know you - RGRR	21 11:00am Christmas Choir Practice with Chelsea - CHAP 11:30am Bowling! - RGAR 3:00pm One to One - RGRR 6:30pm Trivia! - RGAR	22 9:30am Balloon Volleyball - RGAR 10:00am Faith & Film - Chapel 11:30am Christmas Tree Craft! - RGAR 2:30pm Specialty Coffee Time - MLDR 6:00pm Active Game - RGAR
23 11:30am Traditions and Treats! - RGAR 3:00pm Church Service - VPDR 6:00pm Travelogue - RGAR	24 10:00am Pump it Up - RGL 11:00am Memorial Service-RGDR 1:30pm Timbit Social - RGDR 2:00pm Outing - Benjamin Christmas Tree Farm 2:30pm One to One - RGRR 6:30pm Manicure Monday - RGRR 	25 10:00am Hymn Sing with live pianist - RGDR 11:00am Music Therapy Group with Chelsea - RGDR 2:00pm Pottery Class with Chaplain Jen (Sign up-required) 3:30pm Music Therapy Group with Chelsea - RGL	26 9:30am Card Games 10:30am Catholic Mass - CHAP 11:30am Bowling! - RGAR 2:30pm Bingo - FCDR	27 9:30am Animal Trivia! - RGAR 11:30am Axe Throwing - RGAR 1:30pm Baking - Mini Pumpkin Cheesecakes	28 11:00am Christmas Choir Practice with Chelsea - CHAP 11:30am Noodle Balloon - RGAR 2:30pm November Birthday Party with Kevin Coates-FCDR 6:00pm Travelogue - FCEL	29 10:00am Faith & Film - Chapel 6:00pm Short Stories - RGAR Christmas Bazaar 11-3
30 3:00pm Church Service - VPDR						

CHAP - Chapel

RGDR - Rockway Gardens Dining Room

FCDR - Frederick Community Dining Room

RGRR - Resident Room for 1-1 scoring

FCEL - Frederick Community East Lounge

TC - Travelling Carts

MLDR - Market Lane Dining Room

RGAR - Rockway Gardens Activity Room