

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 October at Kopernik Lodge				1	2	3
				9:45 Exercise 11:00 Catholic Mass 1:30 Room Visits 1:45 Bingo 3:15 1:1 Sit to Stand & Garden Walks 5:30 Nail & Hand Care 6:30 1:1 Connections	9:45 Exercise 11:45 Room Visits 10:45 Walking Program 1:45 Social Tea 3:15 1:1 Sit to Stand & Garden Walks	9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:45 Floor Hockey Game 3:15 1:1 Sit to Stand & Garden Walks
4	5	6	7	8	9	10
9:45 Exercise 11:00 Polish Mass on Tv 11:00 Walking Program 1:45 Spiritual Connections 3:15 1:1 Sit to Stand & Garden Walks	9:45 Exercise 10:45 Walking Program 1:30 Outdoor Walks 1:45 Entertainment by Koro 3:15 1:1 Sit to Stand & Garden Walks 5:30 Fly Ball 6:30 1:1 Connections	9:45 Exercise 10:45 Walking Program 1:30 Room Visits 1:45 Thanksgiving Theme Crafts Program 3:15 1:1 Sit to Stand & Garden Walks 5:30 Busy Hands 6:30 1:1 Connections	9:45 Exercise 10:45 Walking Program 1:30 Outdoor Walks 1:45 Magic in Words 3:15 1:1 Sit to Stand & Garden Walks 5:30 Reading Club 6:30 1:1 Connection	9:45 Exercise 11:00 Catholic Mass 1:30 Room Visits 1:45 Bingo 3:15 1:1 Sit to Stand & Garden Walks 5:30 Pizza Night 6:30 1:1 Connections	9:45 Exercise 10:45 Walking Program 1:45 Bocce Ball Game 3:15 1:1 Sit to Stand & Garden Walks 5:30 Fun Brain Games 6:30 1:1 Connection	9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:45 Autumn Crafts Program 3:15 1:1 Sit to Stand & Garden Walks
11	12	13	14	15	16	17
9:45 Exercise 11:00 Polish Mass on Tv 11:00 Walking Program 1:45 Spiritual Connections 3:15 1:1 Sit to Stand & Garden Walks	Thanksgiving Day 9:45 Exercise 10:45 Walking Program 1:30 Room Visits 1:45 Entertainment by Sal & Pancho 5:30 Thanksgiving Theme Reminiscing Program 6:30 1:1 Connections	9:45 Exercise 10:45 Walking Program 1:45 Monthly Birthday Celebrations 3:15 1:1 Sit to Stand & Garden Walks 5:30 Busy Hands 6:30 1:1 Connections	2026 Vancouver Election (9:00 – 12:00 (downstairs)) 9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:45 Magic in Words 3:15 1:1 Sit to Stand 5:30 Reading Club 6:30 1:1 Connection	9:45 Exercise 11:00 Catholic Mass 1:30 Outdoor Walks 1:45 Bingo 3:15 1:1 Sit to Stand & Garden Walks 5:30 Nail & Hand Care 6:30 1:1 Connections	9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:45 Harvest Happy Hour 3:15 1:1 Sit to Stand & Garden Walks 5:30 Busy Hands 6:30 1:1 Connection	9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:45 Social Tea 3:15 1:1 Sit to Stand & Garden Walks
18	19	20	21	22	23	24
9:45 Exercise 11:00 Polish Mass on Tv 1:30 Walking Program 1:45 Spiritual Connections 3:15 1:1 Sit to Stand & Garden Walks	9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:45 Entertainment by the Timeliners 3:15 Sit to Stand & Garden Walks 5:30 Fly Ball 6:30 1:1 Connections	9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:45 Octoberfest Party (music, sing along, and refreshments) 3:15 1:1 Sit to Stand 5:30 Busy Hands 6:30 1:1 Connections	9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:30 Outdoor Walks 1:45 Magic in Words 3:15 1:1 Sit to Stand 5:30 Reading Club 6:30 1:1 Connection	9:45 Exercise 11:00 Catholic Mass 1:30 Outdoor Walks 1:45 Bingo 3:15 1:1 Sit to Stand & Garden Walks 5:30 Nail & Hand Care 6:30 1:1 Connections	9:45 Exercise 10:45 Walking Program 1:45 Cozy Sweater Party Social Gathering 3:15 1:1 Sit to Stand & Garden Walks 5:30 Fun Brain Games 6:30 1:1 Connection	9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:45 Halloween Art from The Heart Program 3:15 1:1 Sit to Stand & Garden Walks
25	26	27	28	29	30	31
9:45 Exercise 11:00 Polish Mass on Tv 11:00 Walking Program 1:30 Outdoor Walks 1:45 Spiritual Connections 3:15 1:1 Sit to Stand & Garden Walks	9:45 Exercise 10:45 Walking Program 1:30 Room Visits 1:45 Entertainment by Harmonics Group 3:15 Sit to Stand & Garden Walks	9:45 Exercise 10:45 Walking Program 1:45 Pumpkins Carving & Decorating 3:15 1:1 Sit to Stand & Garden Walks 5:30 Busy Hands 6:30 1:1 Connections	9:45 Exercise 10:45 Walking Program 1:30 Outdoor Walks 1:45 Magic in Words 3:15 1:1 Sit to Stand & Garden Walks 5:30 Reading Club 6:30 1:1 Connection	9:45 Exercise 11:00 Catholic Mass 1:30 Outdoor Walks 1:45 Bingo 3:15 1:1 Sit to Stand & Garden Walks 5:30 Nail & Hand Care 6:30 1:1 Connections	9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:45 Spooktacular Happy Hour 3:15 1:1 Sit to Stand & Garden Walks 5:30 Busy Hands 6:30 1:1 Connection	Halloween 9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:45 Magic Show with Ray 3:15 1:1 Sit to Stand & Garden Walks 5:30 Pizza Night 6:30 1:1 Connections



October is the month for painted leaves

