








OCTOBER 2023

FOUR SEASONS LODGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9-3 1</p> <p>10:20 Horoscopes 10:30 Chair Yoga 11:30 Memory Board 2:00 Jam Session 4:00 Church Group</p>	<p>2</p> <p>10:30 Exercises (Physio) 4:00 News</p>	<p>9-4 3</p> <p>10:00 Horoscopes 10:30 Exercises (Physio) 11:30 Taste of Home (Pumpkin Cookies) 2:00 Bingo 4:00 News</p>	<p>1:30 – 8 4</p> <p>1:40 Town News Update 2:00 Manicures 3:00 Social Hour 4:00 Cards (Crazy Eights) 6:00 Cinema (Casper)</p>	<p>Special Breakfast 5</p> <p>10:30 Exercises (Physio) 4:00 News</p>	<p>9-3 6</p> <p>10:00: Horoscopes 10:30 Exercises (Physio) 11:30 Trivia 2:00 Book Club  4:30 Thanksgiving Supper!</p>	<p>7</p> <p>Happy Birthday Bev!  10:00 Audio Book PSW Lead Activity (Binao)</p>
<p>8</p> <p>10:00 Audio Book Reading 4:00 Church Group</p>	<p> 9-3 9 Happy Thanksgiving! 10:00 Exercises (w. Abbie) 11:30 Taste of Home (Apple & Pumpkin Pie) 2:00 Thanksgiving Bingo</p>	<p>10</p> <p>10:30 Exercises (Physio) 4:00 News</p>	<p>11</p> <p>PSW Led Activity (Town News) 6:00 Cinema (The Nightmare Before Christmas)</p>	<p>Special Breakfast 9-3 12 10:00 Horoscopes 10:30 Exercises (Physio) 11:30 Craft (Painting) 2:00 Book Club 3:00 Sensory Boxes 4:00 News (Big Tv)</p>	<p>13</p> <p>10:30 Exercises (Physio) 4:00 News</p>	<p>9- 3 14</p> <p>10:00 Horoscopes 10:30 Beach Volley Ball 11:30 Decorate for Halloween 2:00 Bingo</p>
<p>9-3 15</p> <p>Happy Birthday Loraine!  10:20 Horoscopes 10:30 Chair Yoga 11:30 Memory Board 2:00 Jam Session 4:00 Church Group</p>	<p>16</p> <p>10:30 Exercises (Physio) 4:00 News</p>	<p>9-4 17</p> <p>10:00 Horoscopes 10:30 Exercises (Physio) 11:30 Taste of Home (Caramel Apple Dip) 2:00 Bingo 4:00 News</p>	<p>1:30 – 8 18</p> <p>1:40 Town News Update 2:00 Manicures 3:00 Social Hour 4:00 Cards (Euchre) 6:00 Cinema (Hocus Pocus)</p>	<p>Special Breakfast 19 10:30 Exercises 2:00 Residents and Family Council 4:00 News</p>	<p>9-3 20</p> <p>10:00: Horoscopes 10:30 Exercises (Physio) 11:30 Trivia 2:00 Book Club 3:00 Social/Cocktail Hour 4:00 News (Big Tv)</p>	<p>21</p> <p>10:00 Audio Book PSW Lead Activity (Bingo)</p>
<p>22</p> <p>10:00 Audio Book Reading 4:00 Church Group</p>	<p>9-3 23</p> <p>10:00 Horoscopes 10:30 Exercises (Physio) 11:30 Taste of Home (Pumpkin Bread) 2:00 Bingo 4:00 News (Big Tv)</p>	<p>24</p> <p>10:30 Exercises (Physio) 4:00 News</p>	<p>11:30 – 16:00 25</p> <p>PSW Led Activity (Town News) 6:00 Cinema (Beetle Juice)</p>	<p> Special Breakfast 9-3 26 10:00 Horoscopes 10:30 Exercises (Physio) 11:30 Craft (Pumpkin Carving) 2:00 Book Club 3:00 Sensory Boxes</p>	<p>27</p> <p>10:30 Exercises (Physio) 4:00 News</p>	<p>9- 3 28</p> <p>10:00 Horoscopes 10:30 Beach Volley Ball 11:30 Memory Board 2:00 Bingo</p>
<p>9- 3 29</p> <p>10:20 Horoscopes 10:30 Chair Yoga 11:30 Memory Board 2:00 Making Treat Bags 4:00 Church Group</p>	<p>30</p> <p>10:30 Exercises (Physio) 4:00 News</p>	<p> 9- 4 31 Happy Halloween! 10:00 Horoscopes 10:30 Exercises (Physio) 11:30 Taste of Home (Candy Corn) 12:30 Costume & Pumpkin Contest 2:00 Halloween Bingo</p>				

Please remember to express your interests in Recreational Activities at Residents and Family Council or bring forward your fantastic ideas at any time.

**** Please note:** We are asking our residents to socially distance as much as possible when in activities as well as encourage wearing masks when social distancing is not possible. FSL as always encourages family to join/participate in programing with their loved one, when able. Face Time or Skype calls are also always available, please call to setup.