**[](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.istockphoto.com%2Fillustrations%2Fpumpkin&psig=AOvVaw0B_xlAfO_d_oLJImeu2ZOT&ust=1632916011431000&source=images&cd=vfe&ved=0CAYQjRxqFwoTCLC156nMofMCFQAAAAAdAAAAABAJ)**October 2022

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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|  | **Happy Birthday**  **Mary Marshall Oct 12, 2022** |  | [Why Leaves Really Fall Off Trees : Krulwich Wonders... : NPR](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.npr.org%2Ftemplates%2Fstory%2Fstory.php%3FstoryId%3D114288700&psig=AOvVaw28umFHI_kkjlq1cQkMh8Zt&ust=1632936296268000&source=images&cd=vfe&ved=0CAYQjRxqFwoTCNC22PSXovMCFQAAAAAdAAAAABAD) |  | [10 Gluten-Free Ways to Enjoy Pumpkin This Fall | Pumpkin, Pumpkin images,  Pumpkin clipart](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.pinterest.com%2Fpin%2F188025353164224153%2F&psig=AOvVaw36dFoRTUrI_DsP9Su0QGHe&ust=1632936361787000&source=images&cd=vfe&ved=0CAYQjRxqFwoTCNDBoZOYovMCFQAAAAAdAAAAABAD) | **1**  MC900439367[1]1pm Trip to Heritage Village for Forestry Event |
| **2** | **3** 10am Thanksgiving day craft  2pm Thanksgiving day craft | **4** 10am Creative Writing  1:30pm Thanksgiving Day Craft | **5** 10am Keep Fit program  2pm Church | **6** 10am Coffee Club  [Bingo Balls stock vector. Illustration of elderly, retro - 17846216](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.dreamstime.com%2Froyalty-free-stock-image-bingo-balls-image17846216&psig=AOvVaw0vwFMBq121tsaZ4Lz6VMdJ&ust=1632936425774000&source=images&cd=vfe&ved=0CAYQjRxqFwoTCNDjkrCYovMCFQAAAAAdAAAAABAJ)2pm | **7** 10am Keep Fit program  1:30pm Floor Hockey | **8** |
| **9** | **10**  [10,212 Thanksgiving Tradition Illustrations &amp; Clip Art - iStock](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.istockphoto.com%2Fillustrations%2Fthanksgiving-tradition&psig=AOvVaw31zyQIkRTua42rmb_U4k9i&ust=1632915151878000&source=images&cd=vfe&ved=0CAYQjRxqFwoTCNjwp5HJofMCFQAAAAAdAAAAABAD) | **11** 10am Jeopardy  1pm Scenic Drive  MC900439367[1] | **12** 10am Keep Fit program    2pm Church | **13** Tim Horton’s Morning  [Bingo Balls stock vector. Illustration of elderly, retro - 17846216](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.dreamstime.com%2Froyalty-free-stock-image-bingo-balls-image17846216&psig=AOvVaw0vwFMBq121tsaZ4Lz6VMdJ&ust=1632936425774000&source=images&cd=vfe&ved=0CAYQjRxqFwoTCNDjkrCYovMCFQAAAAAdAAAAABAJ)  2pm | **14** 10am Keep Fit program  1:30pm Activity to announced | **15** |
| **16** | **17**10am Keep Fit program  2pm Boccia Ball | **18** 10am Trivia  6pm Movie night with Mike Coady | **19** 10am Keep Fit program  2pm Church | **20** 10am Coffee Club  [Bingo Balls stock vector. Illustration of elderly, retro - 17846216](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.dreamstime.com%2Froyalty-free-stock-image-bingo-balls-image17846216&psig=AOvVaw0vwFMBq121tsaZ4Lz6VMdJ&ust=1632936425774000&source=images&cd=vfe&ved=0CAYQjRxqFwoTCNDjkrCYovMCFQAAAAAdAAAAABAJ)  2pm | MC900439367[1]**21** 10am Keep Fit program  1pm Scenic Drive | **22**  Halloween Movie Night  6pm  [Community Movie Night – Calgary Glenmore Temple](https://www.google.com/url?sa=i&url=https%3A%2F%2Fglenmoretemple.com%2Fcommunity-movie-night%2F&psig=AOvVaw0zd0uCr0n7x4BXdq8kTroK&ust=1632936920938000&source=images&cd=vfe&ved=0CAYQjRxqFwoTCMi75pyaovMCFQAAAAAdAAAAABAD) |
| **23**  **30** 2pm Chair Yoga | **24** 10am Keep Fit  2pm Halloween Craft  **31** 10am Elders Council  2pm Halloween Party (Russ) | **25**  2pm Pumpkin Bowling  [10 Gluten-Free Ways to Enjoy Pumpkin This Fall | Pumpkin, Pumpkin images,  Pumpkin clipart](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.pinterest.com%2Fpin%2F188025353164224153%2F&psig=AOvVaw36dFoRTUrI_DsP9Su0QGHe&ust=1632936361787000&source=images&cd=vfe&ved=0CAYQjRxqFwoTCNDBoZOYovMCFQAAAAAdAAAAABAD) | **26** 10am Keep Fit program    2pm Church | **27** 10:30am Let’s get our Halloween Treats Ready  [Bingo Balls stock vector. Illustration of elderly, retro - 17846216](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.dreamstime.com%2Froyalty-free-stock-image-bingo-balls-image17846216&psig=AOvVaw0vwFMBq121tsaZ4Lz6VMdJ&ust=1632936425774000&source=images&cd=vfe&ved=0CAYQjRxqFwoTCNDjkrCYovMCFQAAAAAdAAAAABAJ)  2pm | **28** 10am Keep Fit program  MC900410575[1]  2pm Pumpkin People | **29** |