

October 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
If you have any questions or concerns please contact the Recreation Therapy team at (902) 384-4118 <u>Activities are subject to change. Please refer to White Board Daily</u>			1 10:30 Exercises 2:00 Birthday Bash	2 10:00 Baking cookies 2:00 Bingo	3 10:30 Lexicon 2:00 Arm chair Travel	4 10:30 Card Game Bingo 2:00
5 10:30 2:00 NASCAR Races/ Sports	6 10:30 Exercises 2:00 Card Game Bingo	7 10:30 Cleaning up the Garden 2:00 Board games	8 10:30 Music with Gord & Al 2:00 Manicures	9 9:30 Hairdresser 10:30 Exercises 2:00 Bingo	10 10:30 Lexicon 2:00 Arm chair Travel	11 10:30 Card Game Bingo 2:00
12 10:30 2:00 NASCAR Races/ Sports	13 10:30 Exercises 2:00 Card Game Bingo	14 10:00 Music with Vinny & the boys 2:00 Yahtzee	15 10:00 Braeside Buddies 2:00 Music with the Country Hicks	16 10:30 Scenic bus drive 2:00 Bingo	17 10:30 Lexicon 2:00 Arm chair Travel	18 10:30 Card Game Bingo 2:00
19 10:30 2:00 NASCAR Races/ Sports	20 10:30 Exercises 2:00 Card Game Bingo	21 10:30 Resident Council Meeting 2:00 Sing along with Avarad	22 10:30 Bowling 2:00 Manicures	23 9:30 Hairdresser 10:30 Exercises 2:00 Bingo	24 10:30 Lexicon 2:00 Arm chair Travel	25 10:30 Card Game Bingo 2:00
26 10:30 2:00 NASCAR Races/ Sports	27 10:30 Exercises 2:00 Card Game Bingo	28 10:00 Music with Vinny & the boys 2:00 Yahtzee	29 10:00 Bowling 2:00 Halifax public Library Visit	30 10:30 Scenic bus drive 2:00 Bingo	31 10:30 Lexicon 2:00 Arm chair Travel	October Birthdays <u>October 1, 1944-</u> Walter E.