



Mondays

Tea & Coffee time with Vicki

9:30am Garden Time with Jim
Morning Stretch or Bean Bag Toss
Stroll outside with Dwain
Lunch – 12:00pm
Bingo with Marie M or Checkers
Snack – 2:30pm
Piano time with Judy
Word Search or Relax to Music with Betty

Tuesdays

Coffee & Current Events with staff
9:30am Garden Time with Kaye
Knock'em Down Cans or Balloon Ball with Carol S
Morning Discussion or Guggenheim
Lunch – 12:00pm
Bango with Richard S.
Basketball with Raleigh
Snack – 2:30pm
Jigsaw Puzzles with Naomi or Memory Game

Wednesdays

Coffee & Cards with Bill B.
Exercise with Tricia
Health Education
Daily Chronicle with Vic
Walk with Art
Lunch – 12:00pm
Ping Pong with Cathy or Pool with Richard O. or Questions on a Sheet
Snack – 2:30pm
Jokes/Riddles with Bob C. or Crazy 8 Club
Relax to Music

Thursdays Tea & Conversation
Garden Time with Dwain
Stretch & Sway or Bocce Ball on Patio with Don
Morning Discussion with Bill L.
Let's Take a Walk
Lunch – 12:00pm
Word Unscramble
Nail/Hand Massage with Gayle
Snack – 2:30pm
Table Games or Color with Vicki

Fridays Coffee Hour or 9:30am Walk with Billy
Baking with Renee or Hangman
Morning Discussion with Carol G
Stretch & Sway with Irene
Draw Pictures on Board or Dominoes with Connie
Let's walk with Raleigh
Lunch – 12:00pm
Bingo with Lewis or Trivia
Snack – 2:30pm
Coloring Pages or Relax to Music with Vic

Additional person centered care activities will be offered every day to all participants.

Special Dates:

Trip to Appleworks with picnic to Edinburgh Park – leave JF @ 10:00am

Oct. 3 (Tue), Oct. 4 (Wed), Oct. 6 (Fri)

Oct. 10 (Tue) 1:00pm – Peg on piano

Oct. 12 (Thur) 10:00am – 1:00pm Flu Clinic @ Just Friends/MRC

Oct. 17 (Tue) 1st Presbyterian Pre-school will join us in the am

Oct. 19 (Thur) 1:00pm – Silver Edition

Oct. 24 (Thur) 1:00pm – Peg on piano

Oct. 25 (Wed) 2:00pm – Music with Damien

No Karaoke Mike this month