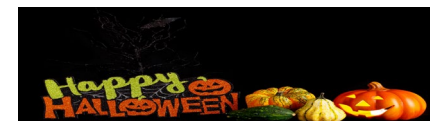






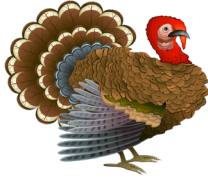



# Gladstone Seniors Residence



# OCTOBER 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 1px solid black; padding: 5px; background-color: #f9cb9c;">           Activities may change on daily basis due to weather, cancellations or last minute changes or additions.         </div>					1 9:30 Lower Body  2:00 CARDS/ GAMES	2  Clean wheelchairs and walkers (C1)
3 <b>SUNDAY BRUNCH</b>  10:15 COMMUNION  Clean wheelchairs and walkers (C1)	4 9:30 Upper Body  2:00 YAHTZEE	5 9:30 Lower Body  2:00 BINGO	6 9:30 Upper Body  10:00 ROSARY  2:00 REMEMBER WHEN	7 9:30 Lower Body  2:30 FATHER LOUIE	8 9:30 Upper Body  2:00 VISIT A FRIEND   <b>Helen H.</b>	9 Clean wheelchairs and walkers (C1)
10 <b>SUNDAY BRUNCH</b>  10:15 COMMUNION  Clean wheelchairs and walkers (C1)	11 <b>THANKSGIVING</b>  	12 9:30 Upper Body  2:00 CARDS/GAMES	13 9:30 Lower Body 10:00 ROSARY  2:00 CARD BINGO   <b>Katie P.</b>	14 9:30 Upper Body  11:00 ST. MARY'S  2:00 BEAN BAG TOSS	15 9:30 Lower Body  2:00 ICE CREAM TREAT	16  Clean wheelchairs and walkers (C1)
17 <b>SUNDAY BRUNCH</b>  10:15 COMMUNION  Clean wheelchairs and walkers (C1)	18 9:30 Upper Body  2:00 LET'S TALK	19 9:30 Lower Body  2:00 BINGO	20 9:30 Upper Body 10:00 ROSARY  2:00 WHEEL OF FORTUNE	21 9:30 Lower Body  2:00 CARD BINGO	22 9:30 Upper Body  2:00 CARDS/ GAMES	23  Clean wheelchairs and walkers (C1)
24 / 31 <b>SUNDAY BRUNCH</b>  10:15 COMMUNION  Clean wheelchairs and walkers (C1)	25 9:30 Lower Body  2:00 BINGO	26 9:30 Upper Body  2:00 CRAFT	27 9:30 Lower Body 10:00 ROSARY  2:00 BIRTHDAY PARTY  <b>MONTHLY WEIGHTS</b>	28 9:30 Upper Body  2:00 CARD BINGO	29 9:30 Lower Body  2:00 HALLOWEEN PARTY	30  Clean wheelchairs and walkers (C1)