



Gladstone Seniors Residence October 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:20 Walk the Chapel 9:30 Upper body strength 10:00 Friendly Visits 2:00 Sing-a-long with Pearl	2 9:20 Walk the Chapel 9:30 Lower body strength 2:00 Card Corner	3 9:20 Walk the Chapel 9:30 Upper body strength 11:00 Rosary 2:00 Card Bingo	4 9:20 Walk the Chapel 9:30 Lower body strength 10:30 Lutheran Church Service- All Welcome 2:00 Nails	5 9:20 Walk the Chapel 9:30 Upper body strength 2:00 Autumn Tea	6 2:00 enjoy the library
7 	8 	9 9:20 Walk the Chapel 9:30 Lower body strength 2:00 Chair Massage Demo	10 9:20 Walk the Chapel 9:30 Upper body strength 11:00 Rosary 2:00 Oystrick Brothers Entertains us Happy Birthday John M	11 9:20 Walk the Chapel 9:30 Lower body strength 10:30 St Mary's Church Service- All Welcome 2:00 Boggle	12 9:20 Walk the Chapel 9:30 Lower body strength 10:00 Friendly Visits 2:00 Eleanor D Entertains us	13 2:00 cards in the dining room Happy Birthday Katie P.
14 Join 3:00pm coffee group in dining room	15 9:20 Walk the Chapel 9:30 Upper body strength 2:00 Curling	16 9:20 Walk the Chapel 9:30 Lower body strength 2:00 Card Corner Health and Safety Meeting	17 9:20 Walk the Chapel 9:30 Upper body strength 11:00 Rosary 2:00 Peter F Entertains us	18 9:20 Walk the Chapel 9:30 Lower body strength 10:30 St Mary's Church Service- All Welcome 2:00 Nails	19 9:20 Walk the Chapel 9:30 Upper body strength 2:00 St Andrew's Church Service – All Welcome	20 Happy Birthday Edna M.
21 2:00 cards in the dining room	22 9:20 Walk the Chapel 9:30 Upper body strength 2:00 Sing-a-long with Jerry D.	23 9:20 Walk the Chapel 9:30 Lower body strength 2:00 Card Corner	24 9:20 Walk the Chapel 9:30 Upper body strength 11:00 Rosary 2:00 Regular Bingo	25 9:20 Walk the Chapel 9:30 Lower body strength 10:30 St Mary's Church Service- All Welcome 2:00 Pumpkins– carving/painting	26 Blood Pressure and Weight 2:00 Bean Bag Toss	27 Join 3:00pm coffee group in dining room
28 2:00 enjoy the library	29 9:20 Walk the Chapel 9:30 Upper body strength 2:00 Halloween craft with the Daycare kids	30 9:20 Walk the Chapel 9:30 Lower body strength 2:00 Birthday Party with Don	31 9:20 Walk the Chapel 9:30 Upper body strength 11:00 Rosary 2:00 Halloween Party with Anything Goes! Happy Halloween!!		Activities may change on daily basis due to weather, cancellations or last minute additions.	