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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|--|--|---|
| 1 10:15 Sandbag Toss 1:00 Communion 1:30 Mental Aerobics 2:30 Church | 2 9:30 Decorate for Thanksgiving 1:30 Video Memories 3:15 Point / Counterpoint 4:00 Never Have I Ever... | 3 Massage 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:00 Readings 4:00 Crosswords | 4 9:30 Fifth Avenue Jewelry 10:00 Make Fall Centerpieces 2:30 Birthday Party with Barry Powel 7:00 Bingo | 5 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi 4:00 Current Affairs | 6 Mad Hatter Day 10:00 Dr. Jassal - Optometrist 1:30 Noodle Hockey 2:30 Happy Hour 4:00 My Bio | 7 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo |
| 8 10:15 Sandbag Toss 1:00 Communion 1:30 Mental Aerobics 2:30 Church | 9 Thanksgiving  | 10 Massage 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:00 Readings 4:00 Mental Aerobics | 11 9:00 Neighbourhood Walk 9:45 Decorate for Halloween 2:00 Painting 4:00 Relax Colouring 7:00 Bingo | 12 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi 4:00 Current Affairs | 13 10:15 Mental Aerobics 10:30 Communion 11:30 Lunch at Espresso Café 2:30 Happy Hour 4:00 Journaling My Bio | 14 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo |
| 15 10:15 Sandbag Toss 1:30 Mental Aerobics 2:30 Church | 16 DICTIONARY DAY 9:45 Walmart – Whiterock 2:30 Video Memories 3:45 Point / Counterpoint 3:30 Resonate with Joy | 17 Massage 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:00 Readings 4:00 Mental Aerobics | 18 9:00 Absolute Hearing 10:00 Health Corner with Brigita - Eyes 1:30 Fall Centerpieces 4:00 Relax Colouring 7:00 Bingo | 19 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi 4:00 Current Affairs | 20 8:30 Bus Trip – Scenic Drive Manning Park 1:30 Noodle Hockey 2:30 Happy Hour | 21 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo |
| 22 10:15 Sandbag Toss 1:00 Communion 1:30 Mental Aerobics 2:30 Church | 23 10:45 Lunch at the Golden Panda 2:00 Video Memories 3:30 Point / Counterpoint 4:00 What Year Was This?... | 24 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:00 Readings 4:00 Mental Aerobics | 25 9:45 Coffee Klatch 11:00 C-Lovers in Langley 3:15 Relax Colouring 7:00 Bingo | 26 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi 4:00 Current Affairs | 27 1:30 Noodle Hockey 2:30 Happy Hour with Carl 4:00 Journaling My Bio 7:30 Red Skelton Show | 28 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo |
| 29 10:15 Sandbag Toss 1:00 Communion 1:30 Mental Aerobics 2:30 Church | 30 10:00 Bowling at Scottsdale Lanes 2:00 Video Memories 3:30 Resonate with Joy 3:30 Point / Counterpoint 4:00 Indoor Horseshoe Toss | 31 Massage 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:00 Halloween Party | |  | |  |