



Abbey House - October 2021



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>DUE TO UNFORESEEN CIRCUMSTANCES, SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p>	<p>Films and Documentaries are available upon request on DVD, YouTube, Stan and Netflix</p> <p>please see Recreational Staff</p>			<p> 1</p> <p>10.45 Exercises with David</p> <p>1.00 Abbey Knitting Group</p> <p>2.00 Friday Quiz - Argyle</p> <p></p>	<p> 2</p> <p>BREAST CANCER AWARENESS MONTH</p> <p>11.00 Seated Exercise: Argyle Lounge</p> <p></p>	<p>3</p> <p>11.00 Seated Exercise: Ch 351 or Argyle Lounge</p> <p>2.15 Sing along </p>
<p> 4</p> <p>LABOUR DAY</p> <p>10.30 SCU Food Meeting with Katie</p> <p>2.00 Art & Craft </p>	<p> 5</p> <p>HABITAT DAY</p> <p>10.00 Meditation</p> <p>10.45 Book Club </p> <p>2.00 YouTube Concert </p>	<p>6</p> <p>10.00 Meditation</p> <p>10.45 Word Games</p> <p> 2.00 Bingo</p> <p>2.00 Movie: Ch 351</p>	<p>7</p> <p>10.45 Interdenominational Service with Katinka </p> <p>2.00 Movie: 351</p> <p>2.00 One/One Room Visits</p>	<p> 8</p> <p>ODD SOCKS DAY</p> <p>10.45 Exercises with David</p> <p>1.00 Abbey Knitting Group</p> <p>2.00 Friday Quiz - Argyle</p> <p></p>	<p>9</p> <p></p> <p>11.00 Seated Exercise: Ch 351 or Argyle Lounge</p> <p></p>	<p>10</p> <p></p> <p>11.00 Seated Exercise: Ch 351 or Argyle Lounge</p> <p></p>
<p>11</p> <p>10.00 Meditation</p> <p>10.30 MAP. Food Meeting with Katie</p> <p>2.00 Relaxing Colouring Group </p>	<p> 12</p> <p>SUPERHERO WEEK</p> <p>10.00 Meditation</p> <p>10.45 Resident Meeting </p> <p>2.00 One/One Room Visits</p>	<p>13</p> <p>10.00 Meditation</p> <p>10.45 Word Games </p> <p>2.00 Bingo: Magnolia Dining</p> <p>2.00 Movie: Ch 351</p>	<p>14</p> <p>10.45 Interdenominational Service with Katinka </p> <p>2.00 Movie & Ice Creams </p>	<p>15</p> <p></p> <p>10.45 Exercises with David</p> <p>1.00 Abbey Knitting Group</p> <p>2.00 Friday Quiz - Argyle</p> <p></p>	<p>16</p> <p></p> <p>11.00 Seated Exercise: Argyle Lounge</p> <p></p>	<p>17</p> <p>11.00 Seated Exercise: Ch 351 or Argyle Lounge</p> <p>2.15 Yoga with Sally </p>
<p>18</p> <p>10.00 Meditation</p> <p>10.30 MAG. Food Meeting with Katie</p> <p>2.00 Art & Craft </p>	<p>19</p> <p>10.00 Meditation</p> <p>10.45 Book Club </p> <p>2.00 YouTube Concert </p>	<p>20</p> <p>10.00 Meditation</p> <p>10.45 Word Games</p> <p> 2.00 Bingo: Magnolia Dining</p> <p>2.00 Movie: Ch 351</p>	<p>21</p> <p>10.45 Interdenominational Service with Katinka </p> <p>2.00 Movie: 351</p> <p>2.00 One/One Room Visits</p>	<p> 22</p> <p>10.45 Exercises with David</p> <p>1.00 Abbey Knitting Group</p> <p>2.00 Friday Quiz - Argyle</p> <p></p>	<p>23</p> <p></p> <p>11.00 Seated Exercise: Ch 351 or Argyle Lounge</p> <p></p>	<p>24</p> <p>11.00 Seated Exercise: Ch 351 or Argyle Lounge</p> <p></p>
<p> 25</p> <p>10.00 Meditation</p> <p>10.30 ABE. Food Meeting with Katie</p> <p>2.00 Reminiscing</p>	<p> 26</p> <p>CUPCAKE DAY</p> <p>10.00 Meditation</p> <p>10.45 October Thru History </p> <p>2.00 One/One Room Visits</p>	<p>27</p> <p>10.00 Meditation</p> <p>10.45 Word Games </p> <p>2.00 Bingo: Magnolia Dining</p> <p>2.00 Movie: Ch 351</p>	<p>28</p> <p>10.45 Interdenominational Service with Katinka </p> <p>2.00 Movie: Ch 351</p> <p>2.00 Men's Club </p>	<p> 29</p> <p>10.45 Exercises with David</p> <p>1.00 Abbey Knitting Group</p> <p>2.00 Friday Quiz - Argyle</p> <p></p>	<p>30</p> <p></p> <p>11.00 Seated Exercise: Argyle Lounge</p> <p></p>	<p> 31</p> <p>HALLOWEEN</p> <p>11.00 Seated Exercise: Ch 351 or Argyle Lounge</p> <p>2.15 Sing along </p>