


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Seniors Day 1 10 am - 15 minute chair yoga 11 am - Downtown Shopping 1:10 pm to 1:40 pm - Grade 7 visit 2 pm - Consort Medical Clinic visit Yom Kippur Begins	2 10 am - Gentle Chair Yoga 11 am - Trivia 2 pm - Music - The Jammers	3 10 am - Chair yoga 11 am - Rummy Sticks 1:30 pm to 3:30 pm - Author visit - Dr. Art Schatz, DVM, Rural Veterinarian Tammy Away	4
5	6 10 am - Chair yoga 11 am - Mini Manicures 1 pm - 1:1 visit 2 pm - Bingo Sukkot Begins	7 10 am - Seated Barre exercises 11 am - Library book cart 1:30 pm to 3:30 pm - Halloween costume selection	8 10 am - 15 minute chair yoga 11 am - Haunted Canada 1 pm - 3pm - New Clothes 2 You by Jodi 2 pm- Consort Lodge Testimonial video screening	9 10 am - Gentle Chair Yoga 11 am - Who/What/Where or Bible Study 1:30 pm - Craft – Clay leaf bowl	10 Wainwright Shopping	11
12	13 Statutory Holiday Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	14 10 am - Seated Barre exercises OR Men's Coffee 11 am - Tech Help or Sequence 2 pm - Finish October craft Simchat Torah Begins	15 10 am - 15 minute chair yoga 11 am - Downtown Shopping 1:10 pm - 1:40 pm - Grade 7 visit 2 pm - Stuff Halloween treat bags.	16 10 am - Gentle Chair Yoga 11 am - Would You Rather, Autumn Edition 2 pm - Music - Kittler Band 3:30 pm - Teen Empowerment decorate for Halloween	17 10 am - Chair Yoga 11 am - Rummy Sticks 1 pm - 1:1 visit 2 pm - S.P.I.R.I.T Paranormal Investigations	18
19	20 10 am - Chair yoga 11 am - Mini Manicures 1 pm - 1:1 visit 2 pm - Bingo	21 Office Day for Tammy 6 pm - Halloween Lights bus tours	22 10 am - 15 minute chair yoga 11 am - Chit chat by the fireplace 2 pm - Abandoned Alberta	23 10 am - Gentle Chair Yoga 11 am - Bible study or How It's Made 1:30 pm - Armchair Travel to Germany	24 10 am - Chair Yoga 11 am - Rummy Sticks 1 pm - 1:1 visit 2 pm - Bingo Resident Activity Surveys due.	25
26	27 10 am - Chair yoga 11 am - Mini Manicures 1 pm - 1:1 visit 2 pm - Bingo	28 10 am - Seated Barre exercises or Men's Coffee 11 am - Tech Help or Would You Rather, Autumn Edition 1:30 pm – Movie - Thursday Night Murder Club	29 10 am - 15 minute chair yoga 11 am - Book Club Meeting 2 pm - Birthday Party	30 10 am - Gentle Chair Yoga 11 am - Trivia 1:30 pm - Country drive	31 10 am - Chair Yoga 11 am - Rummy Sticks 1 pm - 1:1 visit 2 pm - Halloween Bingo 5 pm - 8 pm - Halloween Trick or Treating Halloween	

Activities subject to change. Please refer to the activity boards for the most up to date information.

Author Visit

Dr. Art Schatz, DVM
author of *Dr. Danger: Life Story of a Rural Veterinarian*

Friday, October 3
1:30 pm to 3:30 pm
in the dining room

Join us for an afternoon of barnyard adventures from a retired rural veterinarian. Copies of the book will be available for purchase.

Scavenger Hunts

Scavenger hunt sheets will be in your mailbox.

Due date for *Fall Word Scramble* Scavenger Hunt is October 9.

Due date for *Ghost Hunt* scavenger hunt is October 30.

Return your completed scavenger hunt sheets to Tammy to be entered into a draw to win a prize.

Abandoned Alberta - Secondary Highway - The Story of Abandoned Homesteads on the Alberta Prairie

Wednesday, October 22 at 2 pm in the Activity Room.

Join us for a monthly YouTube series exploring the origin stories and current state of abandoned properties across the Canadian plains.

We will be visiting the 1910 C.F. Starr homestead, the 1909 abandoned church, the 1949 wooden Orthodox Church on the Sask. Prairies, and the 1911 Laing homestead.

Friday, October 17
2 pm
in the dining room

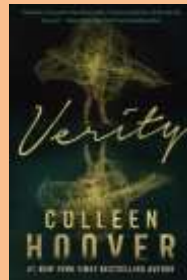


SPIRIT is a Paranormal Independent Research & Investigation company based in Central Alberta. Their mission is to prove or disprove the existence of paranormal activity in locations that have history and stories to tell. Lylas McKnight will be here to share some recent findings including an image of a possible apparition, full sentences on a ghost box, and just recently a figure on a FLIR heat camera!

Book Club Meeting

The book club will meet on Wednesday, October 29 at 11 am by the fireplace. We will be reading *Verity* by Colleen Hoover.

Everyone is welcome to join the discussion and the book club is open to everyone.



October Craft

Thursday, October 9
1:30 pm
In the Activity Room

This will be a two-part craft. We will be making the Clay leaf bowls on October 9. The bowls can be painted either on your own on Monday, October 13 (Thanksgiving), or on Tuesday, October 14 with Tammy. ☺



MOVIE

Thursday Night Murder Club

Tuesday, October 28
1:30 pm

Stars: Helen Mirren, Pierce Brosnan, and Ben Kingsley.

Synopsis:

Four irrepressible retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands.

Rated: PG-13



The Jammers

Thursday, October 2
2 pm
in the dining room.

Kittler Band

Thursday, October 16
2 pm
in the dining room.

Now that school is back in session, Mrs. Gallaway's grade 7 students will be returning to visiting us twice a month to play games and pool, do puzzles, and more.

They will be here on Wednesday, October 1 and Wednesday October 15 from 1:10 pm to 1:40 pm. Come and join us for some fun and games.

Armchair Travel to Germany!

Join us on Thursday, October 23 at 1:30 pm in the Activity Room for a trip to Germany. There will be a German snack to sample as well.



Would You Rather, Autumn Edition.

Tuesday, October 28
11 am
In the activity room

Enjoy this autumn-inspired icebreaker game that helps get lively conversation going with questions like:

Would you rather carve a pumpkin or make a pumpkin pie?