

October 2024

Fenwyck Heights



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LOCATION LEGEND MR- Multi Purpose Room AR- Activity Room DR- Dining Room 2nd – 2 nd floor Lounge P – Patio outside Bistro RL- Residents Lounge	5th – 5 th floor Lounge R- Reception T - Terrace B- Bistro	1 9:30 Don't say the Word (5 th) 10:30 Stretch & Strength (MR) 1:30 Canasta (AR) 1:30 Meet & Greet Sandy (RL) 2:45 Music Discovery (AR) 6:30 Uno Card Game (AR)	2 9:30 Word Search (RL) 10:30 Riddles (AR) 1:30 Walking Club (R) 1:30 Big Brain (AR) 2:30 Horse Races (MR) 6:30 Yahtzee (AR)	3 9:30 Walk the Plank (AR) 1:30 Sing Along (MR) 2:45 Scrabble (5) 2:45 Wheel of Fortune (AR) 6:30 Crib (AR)	4 9:30 Crosswords (AR) 10:30 Exercise (MR) 1:30 Bingo (AR) 2:45 Pub afternoon (AR) 6:30 Evening Social (RL) 7:50 CPS singers (MR)	5 9:30 Concentration Puzzles (5 th) 10:30 Job Riddles (RL) 1:30 Movie Matinee: Red Barn (MR) 3:00 Crib (AR)
6 	7 9:30 New & Views (RL) 10:30 Outing: St. Albert Shopping Centre (MUST SIGN UP)	8 9:30 Think Fast (5 th) 10:30 Spelling Bee (AR) 1:30 Remembrance Day Planning Meeting (AR) 2:45 Fit Minds (AR) 6:30 Uno Card Game (AR)	9 9:30 Word Searches (AR) 10:30 Morning Prayer (MR) 1:30 Resident Meeting (MR) 2:30 Horse Races (MR) 6:30 Word Scrabble (AR)	10 10:20 Catholic Communion Service (AR) 11:00 High Park School Visit (MR) 2:45 Fall Pie Social (MR) 6:30 Mini Golf (MR)	11 9:30 Therapeutic Coloring (AR) 10:30 9 Hole Showdown (AR) 1:30 Card Bingo (AR) 2:45 Travelogue (MR) 2:45 Yahtzee (AR) 6:30 Mix and Mingle (AR)	12 9:30 Wacky Words (5 th) 10:30 Bingo (AR) 1:30 Seed Harvesting (AR) 2:30 Shuffleboard (RL)
13 	14 Thanksgiving! Sorry – No Programs!	15 10:30 Stretch & Strength (MR) 1:30 Canasta (MR) 1:30 Fall Craft (AR) 2:45 Fit Minds (AR) 2:45 Wacky Words (5 th) 6:30 Uno Card Game (AR)	16 10:30 Prescott School Visit (MR) 1:30 Walking Club (R) 1:30 Word Scrabble (AR) 1:30 Hearing Clinic (R) 2:30 Horse Races (AR) 6:30 Rummy O (AR)	17 9:30 Discussion Group (RL) 11:00 High Park School Visit (MR) 1:30 Hymn Sing (MR) 2:45 Crib (AR) 2:45 Movie Matinee (MR) 6:30 What Am I (AR)	18 9:30 Exercise (MR) 10:30 Pictionary (AR) 1:00 Outing: Fall Drive (MUST SIGN UP) 1:30 Bingo (AR) 2:45 Pub Afternoon (AR) 6:30 Pay or Play (AR)	19 9:30 Trivia (AR) 10:30 Exercise (MR) 1:30 Afternoon Social (AR) 2:30 Shuffleboard (RL)
20 	21 9:30 Baking (AR) 10:30 Coffee Social (AR) 1:30 Exercises (MR) 2:45 Scrabble (MR)	22 9:30 Crosswords (AR) 10:30 Stretch & Strength (MR) 1:30 Canasta (AR) 1:30 Ice Cream Social (B) 2:45 Fit Minds (AR) 2:45 Crib (5) 6:30 Uno Card Game (AR)	23 9:30 News & Views (RL) 10:30 Exercises (MR) 1:30 Walking Club (R) 1:30 Bingo (AR) 2:30 Horse Races (MR) 6:30 Yahtzee (AR)	24 10:00 Pet Therapy (MR) 10:20 Catholic Communion Service (AR) 11:00 High Park School Visit (MR) 1:00 Health Awareness: IPC & Hand Hygiene (MR) 2:45 Balloon Volleyball (MR)	25 9:30 Don't say the Word (AR) 10:30 Exercises (MR) 1:30 Birthday Party: Jim Beaudoin (MR) 3:00 Card Bingo (AR)	26 9:30 Baking (AR) 10:30 Coffee Social (AR) 1:30 Nature Movie (MR) 2:30 Shuffleboard (RL)
27 	28 9:30 Brain Game (5 th) 10:30 Exercises (MR) 1:30 Outing: Coffee & Dessert at the Cheesecake Cafe (MUST SIGN UP)	29 9:30 Cryptograms (5 th) 10:30 Think Fast (AR) 1:30 Canasta (AR) 1:30 Halloween Prep (MR) 2:45 Fit Minds (AR) 2:45 Hangman (RL) 6:30 Uno Card Game (AR)	30 9:30 Word scramble (AR) 10:30 Prescott School Visit (MR) 1:30 Christmas Choir Meeting (AR) 2:45 Bowling (MR) 6:30 Dominoes (AR)	31 9:30 Concentration Puzzles (AR) 11:00 High Park School Visit (MR) 1:30 Halloween Party: Singing Soyer Band (MR) 3:00 Bingo (AR) 6:30 Rummy O (AR)	Please note: Residents joining outings must sign up and provide the \$6 bus fee to Jinky to attend. Any cost of food or activities on the outings are the responsibility of the residents	

If you have questions about the calendar or programs, please see Joan or Sandy in the Activities office or phone 780-962-6598 ext. 213 or 214