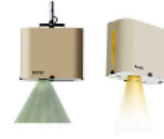




October 2026

Port Credit



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Locations Legend Large Dining Room (3rd Floor) (LDR3) Small Dining room (3rd Floor) (SDR3) Activity Room (1st Floor) (AR1F) Room to Room (RTR) Main Dining Room (MDR) Any location (A) Small Dining Room (Third Floor) (SDR) Outdoor Patio (P) Large Dining Room (2nd Floor) (LDR2) Hallway (HW)				10:00 Arm Chair Travel (SDR3) 10:00 Exercise (LDR3) 10:45 Helping Hands: Bread Making (SDR3) 2:00 Beauty Club (LDR3) 2:30 Chair Zumba (MDR) 6:30 Bingo (AR1F) 	9:30 One to one visit (A) 10:00 Gardening (P) 2:00 Bedside Activity (RTR) 2:00 Tover Tafel (SDR3) 	10:15 Exercise (LDR3) 2:15 Entertainment: David Wildsmith (MDR) 
10:00 Church Service (AR1F) 4 10:30 Hymn Sing (AR1F) 11:00 Communion (RTR) 	10:00 Exercise (LDR3) 5 10:45 Helping Hands: Bread Making (SDR3) 2:00 Unit Bingo (LDR3) 2:30 Therapy Dog Visit (RTR) 6:00 Movie Night (AR1F) 	10:15 Exercise (LDR3) 6 10:45 Helping Hands: Pastry Making (SDR3) 2:00 Balloon tennis (LDR3) 2:00 Rendever (SDR3) 6:20 Dominoes (SDR3) 	10:00 Exercise (LDR3) 7 2:00 Residents' Council Meeting (AR1F) 6:00 Movie Night - HalloweenTown Disney+ (AR1F) 6:30 Video calls/phone calls (RTR)  	10:00 Exercise (LDR3) 8 10:00 Bible Study (SDR) 10:00 Hand Massage (A) 10:45 Helping Hands: Bread Making (SDR3) 2:00 Board Game (LDR3) 2:00 1:1 Reading (RTR) 2:00 Happiness programme (SDR) 2:30 Chair Zumba (MDR) 6:30 Bingo (AR1F)	9:30 One to one visit (A) 10:00 Gardening (P) 2:00 Bowling (LDR3) 	11:00 Friendly Visits (A) 2:15 Entertainment: Keith Dindayal (MDR) 
10:00 Church Service (AR1F) 11 10:30 Hymn Sing (AR1F) 2:00 Thanksgiving Colouring (LDR3) 	10:00 Exercise (LDR3) 12 10:45 Helping Hands: Bread Making (SDR3) 2:00 Baking Club (LDR3) 6:00 Memories on Screen (AR1F) 	10:15 Exercise (LDR3) 13 10:45 Helping Hands: Pastry Making (SDR3) 2:00 1:1 Memory Game (RTR) 2:00 Tover (SDR) 2:30 Unit Bingo (LDR2) 6:20 Horse Riding (LDR3)	10:00 Exercise (LDR3) 14 2:00 Unit Social (LDR3) 6:00 Movie Night - Don't look under the Bed Disney+ (AR1F) 	10:00 Exercise (LDR3) 15 10:00 Bible Study (SDR) 10:45 Helping Hands: Bread Making (SDR3) 2:00 Beauty Club (LDR3) 2:30 Chair Zumba (MDR) 6:30 Bingo (AR1F) 	9:30 One to one visit (A) 10:00 Gardening (P) 2:00 Buddha Board (A) 2:00 drumming circle (SDR) 	10:15 Exercise (LDR3) 2:15 Entertainment: Marcus Schwan (MDR) 
10:00 Church Service (AR1F) 18 10:30 Hymn Sing (AR1F) 11:00 Communion (RTR) 	10:00 Exercise (LDR3) 19 10:45 Helping Hands: Bread Making (SDR3) 2:00 Unit Bingo (LDR3) 2:30 Therapy Dog Visit (RTR) 6:00 Memories on Screen (AR1F)	10:15 Exercise (LDR3) 20 10:45 Helping Hands: Pastry Making (SDR3) 2:00 snakes and ladder (LDR3) 2:00 Tover (SDR) 6:20 Dominoes (SDR3) 	10:00 Exercise (LDR3) 21 2:00 Baking Club (LDR3) 6:00 Movie Night - Mom's got a date with a Vampire Disney+ (AR1F) 6:30 Video calls/phone calls (RTR)  	10:00 Exercise (LDR3) 22 10:00 Bible Study (SDR3) 10:00 Rendever (HW) 10:45 Helping Hands: Bread Making (SDR3) 2:30 Chair Zumba (MDR) 6:30 Bingo (AR1F) 	9:30 One to one visit (A) 10:00 Gardening (P) 2:00 Karaoke (SDR3) 2:00 Karaoke (LDR3) 	11:00 Friendly Visits (A) 2:15 Entertainment: Jack Garson (MDR)
10:00 Church Service (AR1F) 25 10:30 Hymn Sing (AR1F) 	10:00 Exercise (LDR3) 26 10:45 Helping Hands: Bread Making (SDR3) 2:15 Tover Tafel (SDR3) 2:30 Therapy Dog Visit (RTR) 6:00 Memories on Screen (AR1F) 	10:00 Reading Group (SDR3) 27 10:15 Exercise (LDR3) 10:45 Helping Hands: Pastry Making (SDR3) 2:30 Unit Bingo (LDR2) 6:20 Dominoes (SDR) 	10:00 Exercise (LDR3) 28 2:00 Baking Club (LDR3) 6:00 Movie Night - Hocus Pocus Disney+ (AR1F) 6:30 Video calls/phone calls (RTR) 	10:00 Arm Chair Travel (SDR3) 29 10:00 Exercise (LDR3) 10:45 Helping Hands: Bread Making (SDR3) 2:00 Beauty Club (LDR3) 2:30 Chair Zumba (MDR) 6:30 Bingo (AR1F)	9:30 One to one visit (A) 10:00 Exercise (LDR3) 10:00 Gardening (P) 2:00 Halloween party (LDR3) 	10:15 Exercise (LDR3) 2:15 Entertainment: Ashley Pinto (MDR) 