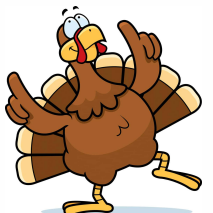


Elston Unit- Convalescent Care

Recreation Facilitator- Nicole Bahlke, Ext. 361
nbahlke@ioof.com

October 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00am Physio 1:00pm Group Exercise 5:45pm Fancy Fingers	2 9:00am Physio 10:00am Paraffin Wax 11:00am Tuck Cart 1:00pm Group Exercise 2:00pm Getting To Know You	3 9:00am Physio 10:30am Bingo 1:00pm Group Exercise	4 
5 	6 9:00am Physio 1:00pm Group Exercise	7 9:00am Physio 1:00pm Group Exercise 2:00pm Trivia	8 9:00am Physio 12:00pm In House McDonald's Lunch 1:00pm Group Exercise 	9 9:00am Physio 10:00am Paraffin Wax 11:00am Tuck Cart 1:00pm Group Exercise 2:00pm Yahtzee	10 9:00am Physio 10:30am Bingo 1:00pm Group Exercise 1:00pm Comfort Shoe Haven Sale	11 
12 	13  <i>Happy Thanksgiving No Physio Today</i>	14 9:00am Physio 1:00pm Group Exercise 2:00pm Ice Cream Parlor DTD	15 9:00am Physio 1:00pm Group Exercise 5:45pm Fancy Fingers	16 9:00am Physio 10:00am Paraffin Wax 11:00am Tuck Cart 1:00pm Group Exercise 2:00pm Word Games	17 8:00am Ghosty Toasty Breakfast 9:00am Physio 1:00pm Group Exercise	18 10:00am Bingo 2:00pm Baking 
19 	20 Diwali 9:00am Physio 1:00pm Group Exercise	21 9:00am Physio 1:00pm Group Exercise 2:00pm Testing Your Taste Buds	22 9:00am Physio 1:00pm Group Exercise 1:45pm Fancy Fingers	23 9:00am Physio 10:00am Paraffin Wax 11:00am Tuck Cart 1:00pm Group Exercise 2:00pm Crafts	24 9:00am Physio 10:30am Bingo 1:00pm Group Exercise 2:00pm Harvest Social	25 
26 	27 9:00am Physio 1:00pm Group Exercise 	28 9:00am Physio 1:00pm Group Exercise 7:30pm Rise and Shine With Tim Hortons 	29 9:00am Physio 1:00pm Group Exercise 5:00pm In House Chili Dinner 	30 9:00am Physio 10:00am Paraffin Wax 11:00am Tuck Cart 1:00pm Group Exercise	31 9:00am Physio 10:30am Bingo 12:00pm Halloween Costume Parade 1:00pm Group Exercise 2:00pm Halloween Party with Ed Smith - AUD 	