

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
 <h1 style="color: orange;">October 2022</h1> <h2>Central Carleton Nursing Home</h2>												
2	9:30 Morning News 10:00 Activity Club 10:30 Sit and get fit 1:00 Bus Drive	3	9:30 Morning News 10:00 Hand Bells 10:30 Trivia 2:00 Bingo <small>Yom Kippur Begins</small>	4	9:30 Morning News 10:00 Sit and get fit 11:00 Pastoral visit with Pastor Peter Culberson 2:00 Bowling	5	9:30 Morning News 10:00 Plinko 1:00 Games with Julia 2:00 Music with Stephen Kinney & Jon Stephenson	6	9:30 Morning News 10:00 Painting in the sunroom 1:00 In room visits 2:00 Movie in the sunroom	7	8	
9	3:30 Sunday service with Peoples Church Rev. Steve Urquhart <small>Sukkot Begins</small>	10	Thanksgiving Day <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)</small>		11	9:30 Morning News 10:00 Bean bag toss 10:30 Target shoot 1:00 Bus Drive	12	9:30 Morning News 10:00 Sit and get fit 11:00 Pastoral visit with Rev. Steve Urquhart 2:00 Bowling	13	9:30 Morning News 10:00 Pumpkin painting 1:00 Games with Julia 2:00 Bingo	14	15
16	3:30 Sunday service with Mount Pleasant United Baptist Church Pastor Peter Culberson <small>Simchat Torah Begins</small>	17	9:30 Morning News 10:00 Sit and get fit 10:30 Spa day 1:00 Bus Drive	18	9:30 Morning News 10:00 Activity Club 10:30 Word Game 2:00 Music with Ed Sealy	19	9:30 Morning News 10:00 Sit and get fit 11:00 Pastoral visit with Rev. David Wilcox 2:00 Bowling	20	9:30 Morning News 10:00 Crafts in sunroom 1:00 Games with Julia 2:00 Bingo s	21	9:30 Morning News 10:00 Virtual Music 1:00 In room visits 2:00 Movie in the sunroom	22
23	3:30 Sunday service with NBBI <small>Diwali (Hindi)</small>	24	9:30 Morning News 10:00 Sit and get fit 10:30 Hair day 2:00 Penny Ante	25	9:30 Morning News 10:00 Activity Club 10:30 Resident Council 1:00 Bus Drive	26	9:30 Morning News 10:00 Sit and get fit 11:00 Pastoral visit with Pastor Kurtis Kent 2:00 Bowling	27	9:30 Morning News 10:00 Shake loose a memory 1:00 Games with Julia 2:00 Bingo a	28	9:30 Morning News 10:00 Baking Cookies 1:00 In room visits 2:00 Movie in the sunroom	29
30	3:30 Sunday service with Hartland United Church Rev. Michael Goodfellow <small>Halloween</small>	31	9:30 Morning News 10:00 Sit and get fit 10:30 Nail day 1:00 Bus Drive									

Activities are subject to change.