

October Senior's Day Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Community Events
		<p>IRONCHEF ²</p> <p>12:00-12:30 Check-in 12:30-2:00 Prep & Cook 2:00-2:30 Eat! 2:30-3:00 Clean-Up & plan next meal</p>		<p>⁴</p> <p>12:00-12:30 Check-in 12:30-2:30 Glow Zone Arcade! 2:30-3:00 Depart and arrive back at E-House</p>	<p>About the Calendar:</p> <p>Mondays Recreational, cognitive and Physical activities and games</p> <p>Wednesdays Iron chef cooking program</p> <p>Fridays Community outings</p>
<p>⁷</p> <p>12:00-12:30 Check-in 12:30-1:00 Get to know me 1:00-1:15 Break time 1:15- 2:30 Thanksgiving Cards! 2:30- 3:00 Clean-Up</p>		<p>IRONCHEF ⁹</p> <p>12:00-12:30 Check-in 12:30-2:00 Prep & Cook 2:00-2:30 Eat! 2:30-3:00 Clean-Up & plan next meal</p>		<p>¹¹</p> <p>12:00-12:30 Check-in 12:30-2:30 Pumpkin Pickup at Downey's farm 2:30-3:00 Depart and arrive back at E-house!</p>	
<p>THANKING DAY ¹⁴</p> <p>12:00-12:30 Check-in 12:30-2:30 Thanksgiving Lunch (Potluck edition) 2:30-3:00 Clean-Up</p>		<p>¹⁶</p> <p>12:00-12:30 Check-in 12:30-1:00 Chair Exercises 1:00-1:15 Break time 1:15-2:30 Pumpkin Carving 2:30-3:00 Clean-Up</p>		<p>¹⁸</p> <p>12:00 – 12:30 Check-in and Depart 12:30-2:30 Haunted Ghost Walk in Toronto's Distillery District 2:30-3:00 Depart and arrive back at E-house</p>	
<p>²¹</p> <p>12:00-12:30 Check-in 12:30-1:00 Meditation & Balance 1:00-1:15 Break time 1:15-2:30 Making Halloween ornaments 2:30-3:00 Clean-Up</p>		<p>IRONCHEF ²³</p> <p>12:00-12:30 Check-in 12:30-2:00 Prep & Cook 2:00-2:30 Eat! 2:30-3:00 Clean-Up & plan next meal</p>		<p>²⁵</p> <p>12:00-12:30 Check-in and Depart 12:30- 1:30 Walk in nature 1:30-2:30 Making warm fall drinks 2:30-3:00 Clean-up</p>	
<p>²⁸</p> <p>12:00-12:30 Check-in 12:30-1:30 Memory Activities 1:30-1:45 Break time 1:45-2:30 Halloween Trivia 2:30-3:00 Clean-up</p>		<p>IRONCHEF ³⁰</p> <p>12:00-12:30 Check-in 12:30-2:00 Prep & Cook 2:00-2:30 Eat! 2:30-3:00 Clean-Up & plan next meal</p>			

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