



























October 2023

Spruce Lodge Nursing Home



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 Hymn Sing 1 2:00 Fall Garden Clean Up 	10:30 News and Events 2 10:30 DROM Drumming Group 2:00 Sing-a-Long with Karen 3:00 Manicure Cart	10:30 Fun & Fitness Group 3 11:00 Men's Music Therapy Group 2:00 Bingo 3:00 S.L Cafe & Pub 6:15 Meditation Group	10:30 Exercise Group 4 11:00 Women's Music 2:00 Scarecrow Making  2:30 Travelogue-Germany-Griffith 6:30 Games Night	11:00 Church Service 5 2:00 Bingo 2:00 Therapy Music 3:00 Fall Clean Up 	10:30 Outdoor Strolls 6 11:30 Tone Chimes 1:45 Christian School Kids Visit / Grades 1&2 3:00 Thanksgiving Treat Café Social	10:30 Fun & Fitness 7 2:00 Bingo 3:00 S.L Cafe & Pub 
10:30 Word Games 8 2:00 S.L Café & Pub Social 	Thanksgiving Stat 9 	10:30 Fun & Fitness Group 10 11:00 Men's Music Therapy Group 2:00 Bingo 3:00 S.L Cafe & Pub 6:40 Country Drive 	10:30 RC Mass 11 11:15 Church Service 2:00 Keys & Strings Band  3:00 Café & Pub 6:30 Trivia Night	10:30 Fun & Fitness 12 2:00 Bingo 2:00 Therapy Music 3:00 S.L Cafe & Pub 6:15 Friendship Group	10:30 Word Games 13 11:30 Tone Chime Group 2:00 Karaoke Fun  3:00 Café & Pub Social	10:30 Fun & Fitness 14 2:00 Bingo 3:00 S.L Cafe & Pub 
10:30 Sunday Devotion Group 15 2:00 Walking Group 3:00 S.L Cafe & Pub	10:30 News & Events 16 12:30 Oktoberfest BBQ 2:00 Sing-a-Long 3:00 Manicure Cart 6:30 2 Gals and a Guitar 	10:30 Fun & Fitness Group 17 11:00 Men's Music Therapy Group 2:00 Bingo 3:00 S.L Cafe & Pub 	9:30 Fall Drive  18 10:00 Resident Council 11:00 Women's Music 2:00 Music:Joel Horvath  5:30 Women's Meal	10:20 Mall Outing  19 11:00 Church Service 2:00 Bingo 2:00 Therapy Music 3:00 S.L Cafe & Pub 6:15 Friendship Group	10:30 Trivia Fun 20 11:30 Tone Chime Group 2:00 Pumpkin Carving  3:00 Café & Pub Social	10:30 Fun & Fitness 21 2:00 Bingo 3:00 S.L Cafe & Pub 
10:30 Sunday Devotion Group 22 2:00 Indoor Gardening  3:00 S.L Café & Pub Social	United Nations Week 23  10:30 DROM Drummin 2:00 United Nations week Social 3:00 Kitchen Tours	10:30 Fun & Fitness Group 24 11:00 Men's Music Therapy Group 2:00 Bingo 3:00 S.L Cafe & Pub 6:15 Meditation	10:30 Scrapbooking 25 10:30 Ad. Exercise 11:00 Women's Music 2:00 Music with Mike Kelly  3:00 Café Social 6:15 Movie Night	11:00 Church Service 26 2:00 Bingo 2:00 Therapy Music 3:00 S.L Cafe & Pub 5:30 Men's Sign-Up Meal 	10:30 United Nations Brain Games 27 11:30 Tone Chimes 2:00 Belly Dancer Performance 3:00 Café & Pub Social	10:30 Fun & Fitness 28 2:00 Bingo 3:00 S.L Cafe & Pub 
10:30 Word Games 29 2:00 Crafty Corner Fun 3:00 S.L Cafe & Pub 6:30 Hymn Sing	10:30 DROM Drumming 30 10:30 News and Events 2:00 Sing-a-Long with Karen 2:00 Manicure Cart	10:30 Fun & Fitness 31 11:00 Men's Music Therapy Group 2:00 Halloween Party with Gerry Cutting  3:00 Café Social 			Spruce Lodge Activity Department 519-271-4090 ext. 2227 activity@sprucelodge.on.ca	Contact Activities if interested in Outings or the Woman's & Men's Sign-Up Meals 