

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Have a great day! 10:00- 3:00 Three Hills Fall Farmers Market
2 10:30 Church Service 4:00 Three Hills Ministerial Service	3 9:15 Exercises 10:30 Skip-Bo 2:00 Jewelry Making	4 9:15 Exercises: Balance & Mobility 10:00 Skip Bo 11:00 Cornhole 2:00 Bus Trip: Tractor & Farm Tour	5 9:15 Exercises: Weights 10:30 Shuffleboard 2:00 Thanksgiving Tea	6 9:15 Exercises: Balance & Mobility 10:00 UNO 2:00 Word Games with Don & Pam	7 9:15 Exercises: Stretching 10:00 Crokinole 11:00 Reading with June 2:00 Travel with Steve to India	8 Have a great day!
9 10:30 Church Service 4:00 Three Hills Ministerial Service	10 Happy Thanksgiving!	11 9:15 Exercises: Balance & Mobility 10:30-11:30 IDA Tuck Shop 10:30 Skip Bo 2:00 Manicures	12 9:15 Exercises 10:30 Shuffleboard 2:00 Campfire Sing-a-long	13 9:00 ATB Financial 9:00 Nimble Fingers 10:30-11:30 Three Hills Library 2:00 Visit England with Don & Pam	14 9:15 Seated Music Workout 10:00 Crokinole 11:00 Reading with June 2:00 Ring Toss	15 Have a great day! 2:00 Refuge Ranch
16 10:30 Church Service 4:00 Three Hills Ministerial Service	17 9:15 Exercises: Stretching 10:30 Scrabble 2:00 BINGO	18 9:15 Exercises: Balance & Mobility 10:00 Skip Bo 11:00 Interesting Short Stories in Coffee Room 2:00 Staff Meeting	19 9:15 Exercises: Weights 10:45 Meet & Greet with Primary Care Program from Prairie 2:00 Birthday Tea	20 8:00 Men's Breakfast 9:15 Exercises: Balance & Mobility 10:00 FLU SHOTS 2:00 Visit England with Don & Pam	21 9:15: Exercises: Stretching 10:00 Pain Management Info Seminar 11:00 Reading with June 2:00 Bucket Bowling	22 Have a great day!
23 10:30 Church Service 4:00 Three Hills Ministerial Service	24 9:15 Exercises: Stretching 10:30 Quiddler 2:00 Armchair Travel to Brazil	25 9:15 Exercises: Balance & Mobility 10:00 Skip Bo 11:00 Word Games 2:00 Coffee & Colorin Club	26 9:15 Exercises: Weights 10:30 Shuffleboard	27 9:15 Exercises: Balance & Mobility 10:00 UNO 2:00 Visit England with Don & Pam	28 9:15 Seated Music Workout 10:00 Crokinole 11:00 Reading with June 2:00 Music with Floyd Sillito	29
30 10:30 Church Service 4:00 Three Hills Ministerial Service	31 9:15 Exercises 10:30 Quiddler 2:00 Daycare Trick or Treating					