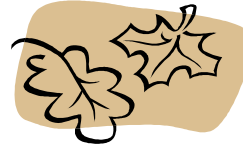
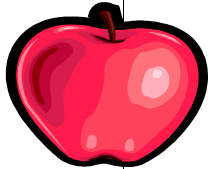

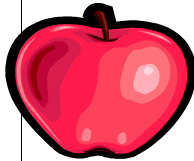
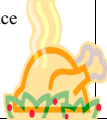



CAMA Woolands

October 2010

Program Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>1</i> 10:00 Restorative Exercises 10:30 Current Events 2:30 Entertainment with Paul Schalm 4:15 Get Up & Go! 6:30 Board Games	<i>2</i> 10:30 Sit n' Stretch 11:00 Trivia 2:00 Tea with Current Events 4:00 Get Up & Go!
<i>3</i> 10:00 One to One Visits 10:30 Worship Service 2:00 Baking Club 4:00 Get Up & Go!	<i>4</i> 10:30 Bingo 10:30 Special Needs Worship 1:15 Restorative Exercises 2:00 Coffee Hour 3:45 Hymn Sing/ 1-1 Visits 6:30 Reminiscing	<i>5</i> 10:30 Restorative Exercises 1:45 Crafters Club 4:00 Get Up & Go! 6:30 Sunshine Group in CAMA Cafe	<i>6</i> 10:30 Worship Service 1:30 Meet & Greet with Rick Craven & Entertainment with Margo Jamieson 4:00 Get Up & Go! 6:30 Board Games	<i>7</i> 10:00 Exercises with Physio 1:30 Bible Study 1:30 Manicures 4:00 Get Up & Go! 6:30 Sunshine Group in Cafe	<i>8</i> 10:00 Restorative Exercises 10:30 Residents Council 1:30 Bingo 4:00 Get Up & Go! 6:30 Trivia Fun	<i>9</i> 10:00 Animal Aid visits 11:00 Sit n' Stretch 2:00 Entertainment with "Mr. Music" Norm 4:00 Get Up & Go!
<i>10</i> 10:00 One to One Visits 10:30 Worship Service 2:00 Baking Club 4:00 Get Up & Go!	<i>11</i> THANKSGIVING 10:30 Bingo 2:00 Thanksgiving Tea 	<i>12</i> 10:15 Rest. Exercises 10:30 Music with Mary 1:45 Crafters Club 4:00 Get Up & Go! 6:30 Sunshine Group in CAMA Cafe	<i>13</i> 10:30 Worship Service 1:30 Bingo 4:00 Get Up & Go! 6:30 Sing a Long	<i>14</i> 10:00 Exercises with Physio 1:30 Bible Study 1:30 Manicures 4:00 Get Up & Go! 6:30 Sunshine Group in Cafe	<i>15</i> 10:00 Restorative Exercises 10:30 Current Events 2:30 Entertainment with Paul Beattie 4:15 Get Up & Go! 6:30 Poetry by the fire	<i>16</i> 10:30 Sit n' Stretch 11:00 Trivia 2:00 Tea with Current Events 4:00 Get Up & Go!
<i>17</i> 10:00 One to One Visits 10:30 Worship Service 2:00 Baking Club 4:00 Get Up & Go!	<i>18</i> 10:30 Bingo 10:30 Special Needs Worship 1:30 Woodworking 3:00 Restorative Exercises 3:45 Hymn Sing/ 1-1 Visits 6:30 Reminiscing	<i>19</i> 10:30 Restorative Exercises 2:00 Horticulture with Marj Latimer 4:00 Get Up & Go! 6:30 Sunshine Group in CAMA Cafe	<i>20</i> <i>Library Visits</i> 10:30 Worship Service 1:30 Bingo 4:00 Get Up & Go! 6:30 Crossword challenge	<i>21</i> 10:30 Catholic Mass 1:30 Bible Study 1:30 Manicures 2:00 Animal Aid Visits 4:00 Get Up & Go! 6:30 Sunshine Group in Cafe	<i>22</i> 10:00 Restorative Exercises 10:30 Current Events 2:00 Armchair Travel and Tasty treats 4:00 Get Up & Go! 6:30 Horseracing Game	<i>23</i> 10:30 Sit n' Stretch 11:00 Trivia 2:00 Tea with Current Events 4:00 Get Up & Go!
<i>24</i> 10:00 One to One Visits 10:30 Worship Service 2:00 Baking Club 4:00 Get Up & Go!	<i>25</i> 10:30 Bingo 10:30 Special Needs Worship 1:30 Woodworking 3:00 Restorative Exercises 3:45 Hymn Sing/ 1-1 Visits 6:30 Reminiscing	<i>26</i> 10:30 Restorative Exercises 1:45 Crafters Club 4:00 Get Up & Go! 6:30 Sunshine Group in CAMA Cafe	<i>27</i> 10:30 Worship Service 1:30 Bingo 4:00 Get Up & Go! 6:30 Name That Tune	<i>28</i> 10:00 Exercises with Physio 1:30 Bible Study 1:30 Manicures 4:00 Get Up & Go! 6:30 Sunshine Group in Cafe	<i>29</i> 10:00 Restorative Exercises 10:30 Current Events 2:30 Entertainment with Jack Coulson 4:15 Get Up & Go! 5:30 Take Out Night	<i>30</i> 10:30 Sit n' Stretch 11:00 Trivia 2:00 Tea with Current Events 4:00 Get Up & Go!
<i>31</i> <i>Halloween</i> 10:00 One to One Visits 10:30 Worship Service 2:00 Baking Club 4:00 Get Up & Go!		Marj Cairns—3rd Helen Bailey—6th Dorothy Cooper—8th Marian Nelson - 9th	October Birthdays Joseph Szekeres—15th Alice Harrison—17th Violet Parno—18th Jum Chul Do—20th		Violet Burry—22nd Marie Busby—24th Marg Lucas—28th	