

**CHARLESWOOD
ADULT DAY
CLUB**

OCTOBER 2017

10:00 - 10:30
Morning Coffee
Muffins

10:45 - 11:15
Theme News and
Views

11:15 - 12:15
Physical Fitness

12:15 - 12:30
Walk a Lap

12:30 - 1:00
Recreation

1:00 - 1:45
Lunch

1:45 - 2:15
Rest and Relaxation

2:15 - 3:10
Mental Fitness
Programs

3:10 - 3:30
Sharing Circle and
Refreshments

3:30
Departure

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 OCTOBER IS A MAGICAL MONTH 				
CELEBRATING THANKSGIVING 2 A.M. THEME DICE P.M. SING-ALONG	CELEBRATING THANKSGIVING 3  A.M. THEME DICE P.M. SING-ALONG	CELEBRATING THANKSGIVING 4 A.M. THEME DICE P.M. SING-ALONG	CELEBRATING THANKSGIVING 5  A.M. THEME DICE P.M. SING-ALONG	CELEBRATING THANKSGIVING 6 A.M. THEME DICE P.M. SING-ALONG
 <i>Happy Thanksgiving</i> OUR FAVOURITE TV SHOWS 9	OUR FAVOURITE TV SHOWS 10 A.M. NAME THAT TV THEME SONG P.M. I LOVE LUCY	OUR FAVOURITE TV SHOWS 11 A.M. NAME THAT TV THEME SONG P.M. I LOVE LUCY 	OUR FAVOURITE TV SHOWS 12 A.M. NAME THAT TV THEME SONG P.M. I LOVE LUCY	OUR FAVOURITE TV SHOWS 13 A.M. NAME THAT TV THEME SONG P.M. I LOVE LUCY
OUR FAVOURITE TV SHOWS 16 A.M. HOPSCOTCH P.M. WHEEL OF FORTUNE AND JEOPARDY	OUR FAVOURITE TV SHOWS 17 A.M. HOPSCOTCH P.M. WHEEL OF FORTUNE AND JEOPARDY	OUR FAVOURITE TV SHOWS 18 A.M. HOPSCOTCH P.M. WHEEL OF FORTUNE AND JEOPARDY	OUR FAVOURITE TV SHOWS 19 A.M. HOPSCOTCH P.M. WHEEL OF FORTUNE AND JEOPARDY 	OUR FAVOURITE TV SHOWS 20 A.M. HOPSCOTCH P.M. WHEEL OF FORTUNE AND JEOPARDY
HOCUS POCUS 23 A.M. WITCHES RING TOSS P.M. SMALL GROUPS	HOCUS POCUS 24 A.M. WITCHES RING TOSS P.M. FIRE AND ICE ENTERTAINS	 HOCUS POCUS 25 A.M. WITCHES RING TOSS P.M. SMALL GROUPS	HOCUS POCUS 26 A.M. WITCHES RING TOSS P.M. SMALL GROUPS	HOCUS POCUS 27 A.M. WITCHES RING TOSS P.M. SMALL GROUPS 
 HALLOWEEN 30 A.M. GUESS THAT ITEM?? P.M. BOOLING (SPOOKY!)	HALLOWEEN 31 A.M. GUESS THAT ITEM?? P.M. BOOLING (SPOOKY!)	HALLOWEEN Nov. 1 A.M. GUESS THAT ITEM?? P.M. BOOLING (SPOOKY!)	HALLOWEEN Nov. 2 A.M. GUESS THAT ITEM?? P.M. BOOLING (SPOOKY!) 	HALLOWEEN Nov. 3 A.M. GUESS THAT ITEM?? P.M. BOOLING (SPOOKY!)