

October 2026
Level 2 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30 Chair Yoga (OA) 10:30 Virtual Church Service (OA) 1:30 Recreation Meeting (CC Dining Room) 3:00 Your Choice Visits 3:15 Plant Care Visits (OA) 6:30 Friendly Visits	2 9:30 Fun Fitness (OA) 10:30 Travel to Munich! (OA) 1:30 Entertainment with Ken Lightheart (MH) 3:00 Walk & Talks	3 9:30 Saturday Socializing 10:30 Concentration (OA) 2:30 Travelogue (OA) 3:30 "All About Me" Visits
4 9:45 Virtual Church Service (MH) 2:30 Colouring Club! (CC Dining Room) 3:30 Friendly Visits	5 9:30 Gentle Exercises (OA) 10:30 Bible Study with Bud (H) 10:30 YMCA Visits (OA) 1:30 Homewide Bingo (MH)	6 9:30 Swat the Balloon 10:30 Hymns on the Piano (OA) 1:30 Deal or No Deal (OA)	7 9:30 Gentle Exercises (OA) 10:30 Fellowship Service with Keith Metcalfe (MH) 1:30 Plant Care Visits (CC) 2:30 Grandpals with Holy Cross School (MH) 6:30 EZ: Short Stories (OA)	8 9:30 Chair Yoga (OA) 10:30 Virtual Bible Study (OA) 1:30 Grateful Pumpkin (OA) 3:00 Variety Visits	9 10:30 Reading Club(OA) 10:30 Residents' Council Meeting (MH) 1:30 Entertainment with John Moorehouse (MH) 3:00 Hand Massage Visits 6:30 What are you Thankful for?	10 9:30 Board Games 10:30 Singalong 2:30 Christmas Wreath-Part 2 (OA) 3:15 Plant Care Visits (OA)
11 9:45 Church Service with Rev. Ron Birkett 2:30 Hymn Sing	12 	13 9:30 Sunshine Visits with Brantford Christian School (MH) 1:30 Men's Group (MH)	14 9:30 Easy Exercise Class (OA) 10:30 Roman Catholic Mass (MH) 1:30 A "Cran-TASTIC" Day (OA) 3:00 Tech Travels	15 9:30 Lessons & Worship (OA) 10:30 Drum Fit (MH) 1:30 Birthday Party with Kevin Adams (MH) 3:00 Anything Goes Visits	16 9:30 Fitness Friday (OA) 10:30 Guess the Word (OA) 1:30 Karaoke Fun (MH) 3:00 Sit & Socialize	17 9:30 Morning Mingling 2:30 Would you Rather? Halloween Edition! (OA) 3:30 "All About Me" Visits
18 9:45 Church Service with Rev.Larry Amiro (MH) 2:30 Colouring Club! (CC Dining Room)	19 9:30 Gentle Exercises 10:30 Bible Study with Bud (H) 10:30 YMCA Visits (OA) 1:30 Homewide Bingo (MH)	20 9:30 Swat the Balloon 10:30 Hymns on the Piano (OA) 1:00 Karyn's Critters Visits 1:30 Movie Afternoon (OA) 6:30 Sensory Cart Visits	21 9:30 Gentle Exercise (OA) 10:30 Communion Service with Keith Metcalfe (MH) 1:45 Food Committee Meeting (MH) 3:00 Nail Salon Visits 3:15 Plant Care Visits (CC) 6:30 Hand Massage Visits	22 9:30 Chair Yoga (OA) 10:30 Hymns & Devotionals (OA) 1:30 I Love Lucy Anniversary (OA) 3:00 Friendly Visits	23 10:30 Chair Dancing (MH) 1:30 Entertainment with Jeff Dawdy (MH) 3:00 Beauty Boutique Visits 3:15 Plant Care Visits (OA) 6:30 Sensory Cart Visits	24 10:30 Singalong 2:30 Horticulture with Karyn
25 9:45 Virtual Church Service (MH) 2:30 Hymn Sing (OA)	26 9:30 Gentle Exercise Class (OA) 10:30 Bible Study with Bud (H) 10:30 YMCA Visits (OA) Municipal Elections 2pm-5pm (MH) 2:00 Election Visits 3:00 Spotify Music Visits	27 9:30 Swat the Ghost (OA) 10:30 Piano Music (OA) 12:00 Lunch Club (MH) 1:30 Horticulture with Kailey (OA)	28 9:30 Easy Exercise Class (OA) 10:30 Virtual Roman Catholic Mass (MH) 1:30 Pumpkin Carving (OA) 3:15 Plant Care Visits (CC) 6:30 Beauty Boutique	29 9:30 Chair Yoga (OA) 1:30 Halloween Crown & Anchor (CC-DR) 3:00 Resident Choice Visits 6:30 Friendly Visits	30 9:30 Monster Mash Move & Groove (OA) 10:30 Witches Hat Ring Toss (OA) 1:30 Halloween Party & Costume Contest (MH) 3:00 Hallway Chats 3:15 Plant Care Visits (OA) 5:45 Spooky Piano Music (OA) 6:30 Halloween Trivia & Social (OA)	31 9:30 Short Story Visits 10:30 Trick or TREAT Bingo (CC Dining Room) 1:30 Halloween Movie Matinee (MH) 2:30 Memory Lane Sensory Space (OA)

Karyn Roswell (kroswell@sjltc.ca) & Megan Barrett (mbarrett@sjltc.ca) - Recreation Therapists (Level 2) - 519-751-7096 ext. 2228