

Weekly Activities at The Manor

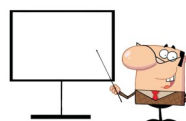
Monday October 20

9:15 Morning Coffee & Snacks (Dining Rm.)
10:00 Exercise Class (Dining Rm.)
2:00 Live Accordion Music with Terry Martyniuk (Fireside Lounge)



Tuesday October 21

9:15 Morning Coffee & Snacks (Dining Rm.)
10:00 Exercise Class (Dining Rm.)
1:30 Group Trivia Games with Bob (Fireside Lounge)
2:15 Afternoon Snacks & Social Time (Dining Rm.)
3:00 Walking Group (Meet at Entrance)



Wednesday October 22

9:00 Flu Shots for 3rd Floor Suites
9:45 Flu Shots for 2nd Floor Suites
10:15 Flu Shots for 1st Floor Suites
1:15 Bingo with Annie (Dining Rm.)
2:30 Music Sing-a-long with Carolyn (Fireside Lounge)
3:00 Shuffleboard (2nd Floor Library)



Thursday October 23 - Happy Birthday Rose Schug!

9:15 Morning Coffee & Snacks (Dining Rm.)
10:00 Exercise Class (Dining Rm.)
1:15 Henderson School Children Visiting (Dining Rm.)
2:15 Afternoon Snacks & Social Time (Dining Rm.)
3:00 Walking Group (Meet at Entrance)



Friday October 24

9:15 Morning Coffee & Snacks (Dining Rm.)
10:00 Exercise Class (Dining Rm.)
1:15 Cribbage (Dining Rm.)
2:15 Afternoon Snacks & Social Time (Dining Rm.)



Saturday October 25

9:15 Self-Serve Morning Coffee & Snacks (Dining Rm.)
1:15 Bingo with Diane & Paul (Dining Rm.)
2:30 Afternoon Snacks with Jo & Nena (Dining Rm.)



Sunday October 26

9:15 & 2:30 Self-Serve Coffee & Snacks (Dining Rm.)

The Manor Weekly

Oct. 20 to Oct. 26, 2025



Flu & COVID Shot Clinic

Our annual Flu Shot Clinic and COVID Booster shots will be available for residents on Wednesday morning in our dining room.

In order to minimize a long wait time, we are asking you to come down at the time listed below which corresponds with your room number.

3rd Floor Suites - 9:00 AM
2nd Floor Suites - 9:45 AM
1st Floor Suites - 10:15 AM

You do not need to bring ID or your medical number as we can look it up for you.

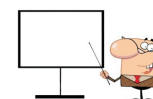


Residents can choose to have both the flu and COVID vaccine or just one.

Games with Bob

On Tuesday afternoon Bob Dugan will be here to lead group trivia games. We hope you will join him!

Tuesday at 1:30 PM



Hair Salon Changes

Kiwanis would like to extend a huge thank you to hair stylist Celine Brisotto for her many years of service and care in making our residents feel fresh and beautiful on a weekly basis. Celine will be working out of our salon until the end of October, upon which time, we will say goodbye. If you were a client of hers, please pop by the salon and give her a big thank you, she would be happy to see you!

Beginning in November the hair salon will have a new hair stylist. We will provide more details regarding hair salon services in the coming weeks.

Henderson School Children

A class of grade 4/5 students from Henderson School are coming to visit with us.

Jenni will have 4 stations set-up with an easy activity at each one which you can do with the children. Please come and join us!

Thursday Oct. 23rd at 1:15 PM