

Weekly Activities at the Manor

Monday October 19

9:15 Morning Coffee & Snacks (Dining Rm.)

10:00 Exercise Class (Dining Rm.)

2:00 Armchair Travel to Fiji (Dining Rm.)

*Afternoon Snacks will be part of the Armchair Travel Program



Tuesday October 20

9:15 Morning Coffee & Snacks (Dining Rm.)

10:00 Exercise Class (Dining Rm.)

2:00 Sing-a-long with Trish & Kari (Fireside Lounge)

2:15 Self-Serve Afternoon Snacks (Dining Rm.)



Wednesday October 21

9:00 Vaccination Clinic for 3rd Floor (Dining Rm.)

9:45 Vaccination Clinic for 2nd Floor (Dining Rm.)

10:15 Vaccination Clinic for 1st Floor (Dining Rm.)

1:15 Bingo with Annie & Susan (Dining Rm.)

2:30 Self-Serve Afternoon Snacks (Dining Rm.)



Thursday October 22

9:15 Morning Coffee & Snacks (Dining Rm.)

10:00 Exercise Class (Dining Rm.)

1:00 - 3:00 Voting for Provincial Election (Fireside Lounge)

2:15 Afternoon Snacks & Social Time (Dining Rm.)



Friday October 23

9:15 Morning Coffee & Snacks (Dining Rm.)

10:00 Exercise Class (Dining Rm.)

1:15 Cribbage Group (Dining Rm.)

2:15 Self-Serve Afternoon Snacks & Social Time (Dining Rm.)



Saturday October 24

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

1:15 Bingo with Don (Dining Rm.)

2:30 Afternoon Snacks with Jo & Nena (Dining Rm.)



Sunday October 25

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

The Manor Weekly

OCTOBER 19 TO OCTOBER 25, 2026

Vaccination Clinic

Our annual Flu Shots, a COVID-19 Booster shot and the new RSV vaccine will be administered to residents, if you are interested, on Wednesday Oct. 21st.

RSV (respiratory syncytial virus) shots are a new, publicly funded vaccine program for eligible older adults, 75 years and older. RSV immunization consists of a single, one-time dose that is expected to provide protection over multiple respiratory illness seasons.

Residents can choose to have just one of the shots, two or all three (if applicable).

The clinic is on Wednesday morning and we ask residents to come down at the time outlined according to your suite 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



Armchair Travel to Fiji

Join us for a session of Armchair travel on Monday afternoon! This time we are off to Fiji.

We will take a look at the geography, history, and culture of Fiji through a mixture of talking, watching videos and tasting some traditional flavours of this tropical nation. Hope you will join us!



Sing-A-Long

Trish & Kari are coming on Tuesday for a sing-a-long! Come and join them for an afternoon of singing and music!

Tuesday at 2:00 PM

Voting Day

Residents will have the opportunity to vote in the Provincial Election on Thursday afternoon between 1:00 - 3:00 PM in our Fireside Lounge.

