

Weekly Activities at the Manor

Monday October 5

9:15 Morning Coffee & Snacks (Dining Rm.)
10:00 Exercise Class (Dining Rm.)
1:30 Balloon Volleyball (Fireside Lounge)
2:15 Ice Cream Cones (Fireside Lounge)



Tuesday October 6

9:15 Morning Coffee & Snacks (Dining Rm.)
10:00 Exercise Class (Dining Rm.)
1:45 Music Requests on the Big Screen (Dining Rm.)
2:30 Afternoon Snacks & Social Time (Dining Rm.)



Wednesday October 7

9:15 Morning Coffee & Snacks (Dining Rm.)
10:00 Exercise Class (Dining Rm.)
1:15 Bingo with Annie & Susan (Dining Rm.)
2:30 Afternoon Snacks (Dining Rm.)



Thursday October 8

9:15 Morning Coffee & Snacks (Dining Rm.)
10:00 Exercise Class (Dining Rm.)
12:00 Harvest Lunch (Dining Rm.)
1:30 Baking Pecan Pies & Tarts (Dining Rm.)
2:30 Afternoon Snacks & Social Time (Dining Rm.)



Friday October 9

9:15 Morning Coffee & Snacks (Dining Rm.)
10:00 Exercise Class (Dining Rm.)
1:15 Cribbage Group (Dining Rm.)
1:15 Step-by-step drawing with Jenni (Fireside Lounge)
2:15 Self-Serve Afternoon Snacks & Social Time (Dining Rm.)



Saturday October 10

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 11 - Happy Thanksgiving!

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



The Manor Weekly

OCTOBER 5 TO OCTOBER 11, 2026

Thanksgiving

We are already coming up to Thanksgiving! In honour of this, we are having two lovely meals together in our dining room this week. One is a Harvest Lunch on Thursday. Jenni will have the tables decorated accordingly and we will toast to the harvest season. Then on Sunday our kitchen is preparing a beautiful Thanksgiving turkey dinner.



Balloon Volleyball

& Ice Cream

Join us for a fun group game of Balloon Volleyball! We sit in a circle and try to keep the balloon from hitting the floor. Good for some laughs and arm exercise!

After the game we will enjoy a cool ice cream cone. Come for both or just the ice cream.

Civic Election Information

We asked local candidates running in the civic election happening on Oct. 17th to drop off information on their platforms so you can get an idea of what they stand for and hope to do if elected.

Jenni has compiled the information on a table in the Fireside lounge. Please help yourself to the information.

Music Requests

Jenni will be taking your music requests and playing them on the Big Screen TV in the Fireside Lounge on Tuesday afternoon.

A fun afternoon of music where everyone gets a chance to pick a song if they want to.

Baking Pecan Pies

Join us for baking the pecan pies that will be part of our Thanksgiving dinner! We will bake them on Thursday afternoon.