



# October 2024 Octobre 2024

| Dimanche /Sunday | Lundi/ Monday   | Mardi /Tuesday  | Mercredi/Wednesday   | Jeudi /Thursday  | Vendredi /Friday   | Samedi /Saturday                                |
|------------------|---|---|--|--|--|---|
| 29               | 30  | 1   | 2  | 3  | 4  | 5   |
|                  | Danse en ligne-Line dancing 10:30 (A)<br>Spectacle Guy Brisson 2:00 (B)   | Exercices 10:30 (A)<br>Billards 1:00 (A)<br>Bingo 2:00 (A)  | Exercices 10:30 (A)<br>Jeux de poches - Sand bags games 1:00 (A)<br>Jeux de darts - Dart games 2:00 (A)  | Exercices 10:30 (A)<br>Karaoke party 1:00 (A)<br>Bingo 2:15 (C)  | Exercices 10:30 (A)<br>Photos:<br>Thème Western - Western Theme 1:00 (A)<br>Spectacle Guy Lalonde 2:00 (B) |   |
| 6                | 7   | 8   | 9  | 10   | 11   | 12  |
|                  | Danse en ligne - Line dancing 10:30 (A)<br>Peinture et bricolage<br>Painting and arts and crafts 1:00 (A)             | Exercices 10:30 (A)<br>Billards 1:00 (A)<br>Bingo 2:00 (A)  | Exercices 10:30(A)<br>Jeux de poches - Sand bags games 1:00 (A)<br>Jeux de darts - Dart games 2:00 (A)   | Exercices 10:30 (A)<br>Karaoke party 1:00 (A)<br>Bingo 2:15 (C)  | Exercices 10:30 (A)<br>Film en français avec sous-titres 1:00 (A)  |   |
| 13               | 14  | 15  | 16   | 17   | 18   | 19  |
|                  | Thanks Giving<br>Action de Grace<br> | Décorations d'Halloween<br>Decorations 9:00<br>Exercices 10:30 (A)<br>Billards 1:00 (A)<br>Bingo 2:00 (A) | Exercices 10:30 (A)<br>Jeux de poches - Sand bags games 1:00 (A)<br>Concert de Clarinette:<br>François Lemieux 2:00 (B)  | Exercices 10:30 (A)<br>Karaoke party 1:00 (A)<br>Bingo 2:15 (C)  | Déjeuner de crêpes<br>Pancake breakfast<br>Exercices 10:30(A)<br>English Movie with subtitle 1:00 (A)      |   |
| 20               | 21  | 22  | 23   | 24   | 25   | 26  |
|                  | Danse en ligne - Line dancing 10:30(A)<br>Peinture et bricolage<br>Painting and arts and crafts 1:00 (A)              | Exercices 10:30 (A)<br>Billards 1:00 (A)<br>Bingo 2:00 (A)  | Exercices 10:30 (A)<br>Jeux de poches - Sand bags games 1:00 (A)<br>Jeux de darts - Dart games 2:00 (A)  | Exercices 10:30 (A)<br>Karaoke party 1:00 (A)<br>Bingo 2:15 (C)  | Vente artisanats - Crafts sale 9:00 à 3:00 (B)<br>Sculpture de citrouilles - Pumpkins carving 2:00 (A)     | Vente artisanats<br>Crafts sale 9:00 à 3:00 (B) |
| 27               | 28  | 29  | 30   | 31   | 1  | 2   |
|                  | Danse en ligne - Line dancing 10:30 (A)<br>Peinture et bricolage<br>Painting and arts and crafts 1:00 (A)             | Exercices 10:30 (A)<br>Billards 1:00 (A)<br>Bingo 2:00 (A)  | Exercices 10:30 (A)<br>Chasse aux Fantômes<br>Ghost Hunt 1:00 (A)<br>Pharmacie Rockland:<br>Vaccins: Influenza et Covid 9:45 au salon au troisième<br>Rockland Pharmacy:<br>Influenza and Covid Vaccines 9:45 in lounge on the third floor | Exercices 10:30 (A)<br>Karaoke party 1:00 (A)<br>Spectacle Guy Brisson 2:00 (B)<br>Photos D'Halloween après le spectacle dans le Lobby<br>Pictures after the show in the Lobby |                       |   |
| 3                | 4   | Notes   |  |  |  |   |
|                  |   | Chaque jeudi<br>Bar ouvert de 3:00 – 4:30<br>Every Thursday<br>Open bar from 3:00 to 4:30                 | Journées thèmes et spectacles -<br>Theme days and Shows  | Légende/Legend.<br>A) Salle d'activité/Activity room<br>(B) Lobby<br>C) Dining room / Salle à dîner<br>D) Spa  | Manucure du lundi au jeudi de 9h00 à 10h00<br>Manicure Monday to Thursday from 9:00 a.m. to 10:00 a.m.     |   |