



October, 2019: Faith Manor 2



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Friday's Low Impact Conditioning Class 3pm-4pm</p>	<p>Physio Dept. Tuesday & Thursday's Low Impact Conditioning Class 11am-12pm</p>	<p>1 National Seniors Day 10am Beauty Hour 11am Price is Right/Montessori 1:45pm Sing Out 3:45pm Snoezelen 6pm Finish the Sayings</p>	<p>2 10am 1-1 Visits 10:30am Psalm Singing 11am Ball Toss/Exercise 1:45pm Walking Group, Word Game 3:45pm Snoezelen 6pm Time for Time!</p>	<p>3 10:15am Hymn Sing 11am Bible Study 1:45pm Word Game 3:45pm Snoezelen 6:00pm Evening Stretches</p>	<p>4 World Smile Day 😊 10am Walk & Wheel Club 11am Sing Out w Marie 1:45pm Fresh Fruit Friday, Trivia 3:45pm Snoezelen 6pm Bingo</p>	<p>5 10am Creative Movement 1:45pm Puzzles 3:30pm Fall Art! 6:15pm Hymn Sing</p>
<p>6 10am & 7pm Church Service 1:45pm Bible Trivia 3:30pm Sunday Strolls, Pathways 6:15pm Balloon Game</p>	<p>7 10am Table Ball Toss, Residents Council Meeting (FM1) 11am Brain Gym 1:45pm Baking, Trivia 3:45pm Snoezelen 6pm Bingo Night</p>	<p>8 10am Beauty Hour 11am Lunch Prep! 12:30pm Hutspot Luncheon 1:45pm Sing Out 3:45pm Snoezelen 6pm Exercise Group</p>	<p>9 10am 1-1 Visits 10:30am Psalm Singing 11am Ball Toss/Exercise 1:45pm Walking Group 2pm Mellow Tones FM1 3:45pm Snoezelen 6pm Sound of Music 🎵</p>	<p>10 10am 1-1 Visits 10:30am Hymn Sing 11am Bible Study 1:45pm Pie & Trivia 3:45pm Snoezelen 5pm Adult Colouring</p>	<p>11 10am Fall Colours Tour 🚌 11am Sing Out w Marie 1:45pm Fresh Fruit Friday, Trivia 3:45pm Snoezelen/Montessori 6pm Bingo Night</p>	<p>12 10am Word Game 1:45pm Afternoon Strolls 3:30pm Hand Massage 6pm Hymn Sing</p>
<p>13 Full Moon 10am & 7pm Church Service 11am 1:1 Visits 1:45pm Bible Game 3:30pm Afternoon Strolls, Pathways 6pm Jigsaw Puzzles</p>	<p>14 Thanksgiving Day 10am Thanksgiving Service 11:15am Visits 1:45pm Strawberry Smoothie Trivia 3:45pm Snoezelen/Montessori 6pm Bingo Night</p>	<p>15 10am Beauty Hour 11am Montessori 1:45pm Sing Out 3:45pm Snoezelen 6pm Fall Trivia</p>	<p>16 10:30am Psalm Singing 11am Ball Toss/Exercise 1:45pm Walking Group, Word Game 2pm Paint Group FM1 3:45pm Snoezelen/Montessori 6pm Let's Be Thankful!</p>	<p>17 10am Hymn Sing 11am Bible Study 1:45pm Cup of Soup Anyone! 3:45pm Snoezelen/Montessori 6:00pm Mrs. Doubtfire</p>	<p>18 10am Walk & Wheel Club 11am Sing Out 1:45pm Fresh Fruit Friday, Mental Aerobics 2:30pm Word Game 3:45pm Snoezelen/Coloring 6pm Bingo Night</p>	<p>19 10am Creative Movement 1:45pm Puzzles 3:30pm Fall Art! 6:15pm Hymn Sing</p>
<p>20 10am & 7pm Church Service 1:45pm Bible Game 3:30pm Sunday Strolls, Pathways 6pm Balloon Game</p>	<p>21 10am Ball Toss 11am Mental Aerobics 1:45pm Making Apple Sauce 3:45pm Snoezelen/Montessori 6pm Bingo Night</p>	<p>22 10am Beauty Hour 11am Montessori 1:45pm Sing Out 4:00 Snoezelen 6pm Pumpkin Trivia</p>	<p>23 10:30am Psalm Singing 11am Ball Toss/Exercise 1:45pm Walking Group, Pie Baking, Decorating! 3:45pm Snoezelen/Montessori 6pm Knock Knock Jokes</p>	<p>24 10:30am Hymn Sing 11am Bible Study 1:45pm All About Pizza 3:45pm Snoezelen 6:00pm Adult Colouring</p>	<p>25 10am Walk & Wheel Club 11am Sing Out w Marie 1:45pm Pie Decor Contest 3pm Musical on DVD 3:45pm Snoezelen 6pm Bingo Night</p>	<p>26 10am Word Game 1:45pm Afternoon Strolls 3:30pm Hand Massage 6pm Hymn Sing</p>
<p>27 10am & 7pm Church Service 11am 1:1 Vistis 1:45pm Bible Game 3:30pm Sunday Strolls/Pathways 6pm Jigsaw Puzzles</p>	<p>28 10am Ball Toss 1:45pm Jigsaw Puzzles, Montessori 3:45pm Snoezelen/Montessori 6pm Bingo Night</p>	<p>29 10am Beauty Hour 11am Montessori 1:45pm Birthday Social 3:45pm Snoezelen 6pm What's that Smell!? 🐔🐷🐻</p>	<p>30 10:30am Psalm Singing 11am Ball Toss/Exercise 1:45pm Walking Group 1:45 Brain Games FM1 3:45pm Snoezelen/Montessori 6pm Discussion Group</p>	<p>31 Reformation Day 10am Hymn Sing 11am Bible Study 12:30pm Mandarin Luncheon 3:45pm Snoezelen 6:00pm History Of Reformation</p>	<p>St John's Ambulance Pet Therapy every Sat. @ 1pm & Wed. @ 6pm 🐕🐶</p>	<p>GIVE Thanks with a GRATEFUL heart</p>

Thanksgiving Dessert Social With Faith Manor Residents

When:
Friday October 18th, 2019

Where:
Harmony Hall

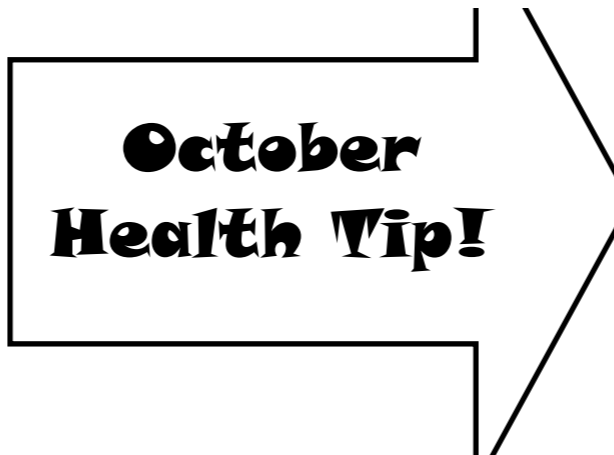
What:
Slice of Pie & Beverage

Cost:
\$3.50

Time:
2:00 pm to 3:00 pm

Who:
Everyone is Invited!!
See you there!!

Music Therapy David
Thursday October 17th & 24th
@6:30pm FM2 Activity Room



Be thankful
for what
you have.
Be fearless
for what
you want.

GRATITUDE
UNLOCKS THE
FULLNESS
OF LIFE.

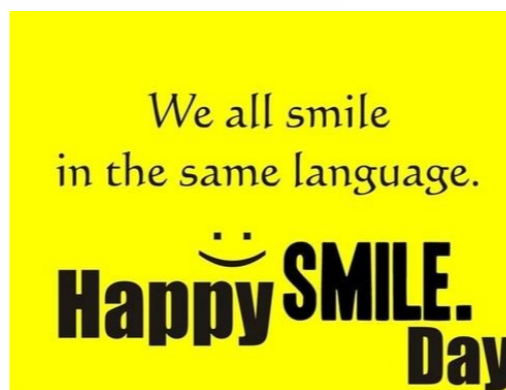
Life is full
of give
and take.
Give thanks
and take
nothing
for granted.

GIVE
THANKS
TO THE LORD
FOR HE IS
GOOD
PSALM 136:1

Every good
and perfect
gift is from
above.
James 1:17

Sing to
the Lord
a new song;
sing to Lord
all the earth.
Psalm 96:1

This is the
day the Lord
has made;
let us rejoice
and be glad.
Psalm 118:24



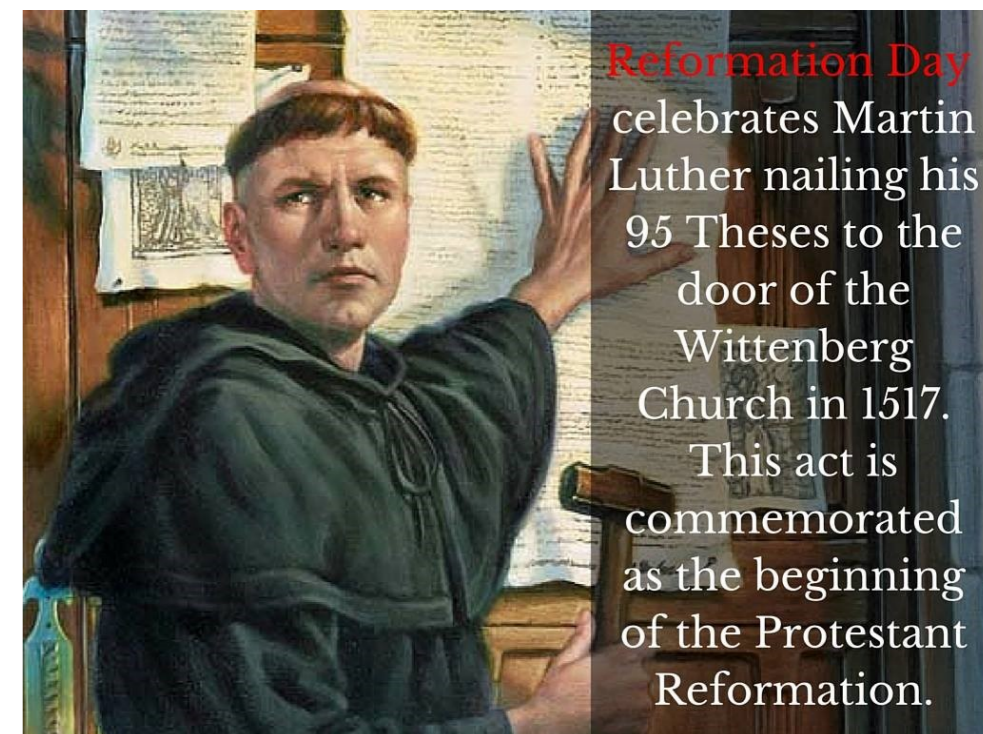
3. *Brush up on hygiene. Many people don't know how to brush their teeth properly. Improper brushing can cause as much damage to the teeth and gums as not brushing at all. Lots of people don't brush for long enough, don't floss and don't see a dentist regularly. Hold your toothbrush in the same way that would hold a pencil, and brush for at least two minutes.*

This includes brushing the teeth, the junction of the teeth and gums, the tongue and the roof of the mouth. And you don't need a fancy, angled toothbrush - just a sturdy, soft-bristled one that you replace each month.

4. *Neurobics for your mind. Get your brain fizzing with energy. American researchers coined the term 'neurobics' for tasks which activate the brain's own biochemical pathways and to bring new pathways online that can help to strengthen or preserve brain circuits.*

Brush your teeth with your 'other' hand, take a new route to work or choose your clothes based on sense of touch rather than sight. People with mental agility tend to have lower rates of Alzheimer's disease and age-related mental decline.

www.health24.com/Medical/Flu/Health-tips/45-best-health-tips-ever-20120721



Reformation Day celebrates Martin Luther nailing his 95 Theses to the door of the Wittenberg Church in 1517. This act is commemorated as the beginning of the Protestant Reformation.