


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div> <h1>October 2025</h1> <h2>North Shore, West Shore and Lakeview Residents</h2> </div>			10:00-Sit- N- Fit-PR 1 <small>Yom Kippur Begins</small>	2 9:00- ZOO Trip for Who signed up. Meet at door 1 at 9:00am DON'T FORGET YOUR LUNCH.	3 10:00-Sit- N- Fit-PR	4
5	6 10:00-Sit- N- Fit-PR 6:30-Come Hit the Trail with The Boy Scout Troop140 <small>Sukkot Begins</small>	7 10:00-Sit- N- Fit-PR 1:30-Exercise	8 10:00-Sit- N- Fit-PR	9 9:00- Exercise 10:00-Sit- N- Fit-PR 3:00-Apostolic Church-CH	10 10:00-Sit- N- Fit-PR	11
12	13 10:00-Sit- N- Fit-PR Happy Columbus Day <small>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)</small>	14 10:00-Sit- N- Fit-PR 1:00- Fall Prevention Presentation from HTS Therapy-FREE to all Resident. <small>Simchat Torah Begins</small>	15 10:00-Sit- N- Fit-PR	16 9:00- Exercise 10:00-Sit- N- Fit-PR 3:00-Apostolic Church-CH	17 10:00-Sit- N- Fit-PR	18
19	20 10:00-Sit- N- Fit-PR	21 10:00-Sit- N- Fit-PR 1:30-Exercise	22 10:00-Sit- N- Fit-PR	23 9:00- NO Exercise-Courtney on VAC. 10:00-Sit- N- Fit-PR 3:00-Apostolic Church-	24 10:00-Sit- N- Fit-PR	25
26	27 10:00-Sit- N- Fit-PR	28 10:00-Sit- N- Fit-PR 1:30-Exercise	29 10:00-Sit- N- Fit-PR	30 9:00- Exercise 10:00-Sit- N- Fit-PR 3:00-Apostolic Church-CH	31 10:00-Sit- N- Fit-PR <small>Halloween</small>	HTS is our in-house Therapy they offered to come do a Presentation Please Join Us. They have app also they will talk about.