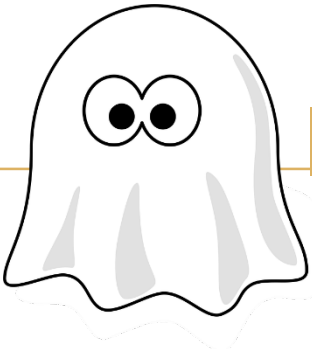




HÉRITAGE
PLATEAU
RÉSIDENCE POUR ÂÎNÉS



OCTOBER 2025

SUNDAY	MON	TUESD	WEDNESD	THUR	FRIDAY	SATURDAY
			National Seniors Day 1:00 Halloween crafts	10:00 Weight training 11:00 Activities for 2 nd floor residents 01:00 BINGO	10:00 Individual visits to residents 02:00 Music therapy	
			01	02	03	04
Mass via videoconference 11:00 a.m.	10:00 Bowling tournament 01:00 Musical reminiscence	10:00 Weight training 01:00 Cognitive stimulation activities	10:00 Basketball 01:00 Crafts/Halloween coloring 	10:00 Weight training 11:00 Activities for 3 rd floor residents 01:00 Cornhole Tournament	10:00 Animal therapy Group 1 10:45 Group 2 01:00 BINGO	
05	06	07	08	09	10	11
Mass via videoconference 11:00 a.m.	10:00 Bowling tournament 01:00 Musical reminiscence	10:00 Weight training 01:00 Cognitive stimulation activities	10:00 Basketball 01:00 Coloring/ Crafts 	10:00 Weight training 11:00 Activities for 2 nd floor residents 01:00 Beanbag toss tournament	10:00 Music therapy Group 1 10:45 Group 2 01:00 BINGO	
12	13	14	15	16	17	18
Mass via videoconference 11:00 a.m.	10:00 Bowling tournament 01:00 Musical reminiscence	10:00 Weight training 01:00 Cognitive stimulation activities	10:00 a.m. Basketball 01:00 p.m. Crafts/Coloring 	10:00 Weight Training 11:00 Activities for 3 rd floor residents 12:00 Beanbag toss tournament	10:00 Animal Therapy Group 1 10:45 Group 2 01:00 BINGO	
19	20	21	22	23	24	25
Mass via videoconference 11:00	10:00 Bowling tournament 01:00 Musical reminiscence	10:00 Weight training 01:00 Cognitive stimulation activities	10:00 Basketball 01:00 Crafts/Coloring 	10:00 Weight training 01:00 Monthly birthdays 	10:00 Masquerade ball Halloween	
26	27	28	29	30	31	
						