

OCTOBER 2025 - PROVITALIA

SUNDAY	MON	TUESD	WEDNESD	THUR	FRIDAY	SATURDAY
			1:15 p.m. Animal therapy	1:15 p.m. Chair yoga	1:00 p.m. Musical performance with Marquise Desmarais	
			01	02	03	04
	1:00 p.m. Painting workshop with Patricia	10:00 a.m. Fitness 1:00 p.m. Music with Paul Gaudet	10:00 a.m. Paint by numbers 1:15 p.m. Animal therapy	1:15 p.m. Chair yoga	2:00 p.m. Cornhole	
05	06	07	08	09	10	11
	Holiday: Thanksgiving	10:00 a.m. Fitness 1:00 p.m. Music with Paul Gaudet	1:15 p.m. Animal therapy	1:15 p.m. Chair yoga	2:00 p.m. Sing-along	
12	13	14	15	16	17	18
	2:00 p.m. Paint by numbers	10:00 a.m. Fitness 1:00 p.m. Music with Paul Gaudet – Birthdays of the month	1:15 p.m. Animal therapy	1:15 p.m. Chair yoga	2:00 p.m. Washers game	
19	20	21	22	23	24	25
	2:00 p.m. Petanque game	10:00 a.m. Fitness 1:00 p.m. Music with Paul Gaudet	1:15 p.m. Animal therapy	1:15 p.m. Chair yoga	2:00 p.m. Special Halloween workshop	
26	27	28	29	30	31	