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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 10:00 <u>Delta Gymnastics</u> <i>National Seniors Day</i> @ The Wexford from 1:00-3:00 Please note this event will be open to the Public. Invite your friends and Family! Local Vendors will be attending. 5:50-7:00 Resident Led Bingo</p>	<p>2 10:00 <u>Round Trip to Swartz Bay and Lunch on Board</u> 10:45 'In Step' Balance Class 1:00 Pictionary Game  3:00 Indoor Golf 3:00 'In Stitches' Knitting Group 6:00 Resident Led Dominos</p>	<p>3 10:30 Stretch Class with John 12:30-2:30 Elections Canada Information Presentation with Christine Johnston (Lounge) 1:00-4:00 NexGen Hearing (Please see sign-up sheet) 3:30-4:30 Social Hour with... Marty Wosley </p>	<p>4 10:30 Functional Fitness 11:30 <u>Silvercity Presents... "Downton Abbey"</u>  (Box Lunch Required) 1:00 'HeadBanz' Game 1:00 Bailiee & Owner come for a visit 2:30 Seated Balloon Badminton 5:50-7:00 Resident Led Bingo</p>	<p>5 10:00 Chair Yoga with Wendy 1:00 Afternoon Poker Game 2:30 Balloon & Hammer Painting with Diane 6:30 Movie Night (Viewer's Choice)</p>
<p>6 10:30 Church Service & Hymns with Reverend Danielle Martel in the Main Lounge  All Day Shuffleboard Practice 5:50-7:00 Resident Led Bingo</p>	<p>7 10:00 Chair Yoga with Wendy  2:30 Karaoke Social/Beer & Wine will be served @ \$4.00 each  6:00 Resident Led Card Games</p>	<p>8 10:00 <u>Delta Gymnastics</u> 12:30 <u>Local Drive</u>  2:00 Oktoberfest Trivia 3:30-4:30 Oktoberfest with <i>The Bavarian Boys!</i>  5:50 -7:00 Resident Led Bingo</p>	<p>9 11:00-3:00 Carda Creations Women's Fashions 1:00 Yahtzee Game  2:30 Year Of Invention Game  3:00 'In Stitches' Knitting Group 6:00 Resident Led Dominos</p>	<p>10 10:30 Stretch Class with John 11:00 Meet & Greet with Tanya Corbet Conservative Candidate of Delta (Lounge) 10:00-12:00 Wellness Clinic 1:15 Writing Group (Private Dining Room) 1:30 Thanksgiving Word Game & Fun Facts *6-8:30 All Canada Debate on The Environment @ KinVillage (Federal Elections Candidates)</p>	<p>11 10:30 Functional Fitness *Elections Advance Poll Oct.11, 12, 13 & 14th South Delta Rec.CTR. *Rides must be Scheduled with Van Or Make Your Own Way. 11:00-3:00 Election Revision Update Voter's List (Lounge) 1:00 Bailiee & Owner Visit 3:30-4:30 Social Hour with... Liz & Steve  5:50-7:00 Resident Led Bingo</p>	<p>12 10:00 Chair Yoga with Wendy 1:00 Afternoon Poker Game 2:00 Resident Led Adult Coloring Pages (Please see Reception for Supplies)  6:30 Movie Night (Viewer's Choice)</p>
<p>13 4:30 Wexford Family & Friends Thanksgiving Dinner Please RSVP & Pay for your guests at Reception (\$13pp)  5:50-7:00 Resident Led Bingo</p>	<p>14 10:00 Chair Yoga with Wendy <i>Statutory Holiday</i> <i>Happy Thanksgiving</i>  6:00 Resident Led Card Games</p>	<p>15 10:00 <u>Delta Gymnastics</u> 10:30 Functional Fitness 11:00-2:30 Fifth Avenue Jewelry 12:30 <u>Elements Casino</u>  1:00 Crazy Eights Card Game 2:00 <i>Jokes & Riddles</i> -If you have any jokes bring them along! 3:00 Bella The Dog visits 5:50-7:00 Resident Led Bingo</p>	<p>16 10:30 'In Step' Balance Class 11:15 Chef's Chat 1:30-3:30 Tsawwassen Hearing 2:30 <i>Leaf Art Craft</i> With Diane  3:00 'In Stitches' Knitting Group 6:00 Resident Led Dominos</p>	<p>17 10:30 Stretch Class with John 1:00 Beetle Dice Game & Dice Trivia  2:15 Recreation Meeting with Diane 3:30-4:30 Social Hour with... Allan Boolinoff </p>	<p>18 10:30 Functional Fitness 11:00-3:00 Election Revision Update Voter's List (Lounge) 12:20 <u>'Friday Afternoon at the Opera'</u> (Prepaid tickets) 1:00 <u>Drive to Westham Island</u> 1:30 Bailiee & Owner come for a Visit 5:50-7:00 Resident Led Bingo 7:00 Delta Police Pipe Band Celtic</p>	<p>19 10:00 Chair Yoga with Mo 1:00 Afternoon Poker Game 1:00 Part #1 Shuffleboard Championship  3:00 Boy Scouts of Delta Visit & History Presentation (Lounge) 6:30 Movie Night (Viewer's Choice)</p>
<p>20 10:30 Church Service & Hymns with Reverend Danielle Martel in the Main Lounge 1:00 Part #2 Shuffleboard Championship  5:50-7:00 Resident Led Bingo</p>	<p>21 10:00 Chair Yoga with Sue 7:00-11:00am 'Elections Day Mobile Poll' in The Wexford Lounge 3:30-4:30 Social Hour with... Peter Williams /Piano  6:00 Resident Led Card Games</p>	<p>22 10:00 <u>Delta Gymnastics</u> 10:30 Functional Fitness 12:30 <u>Pumpkin Patch/Hay Ride & Sing-a-long</u>  <u>Pick out your Pumpkin to Decorate on Oct.25th</u> 1:00 Yahtzee Game  5:50-7:00 Resident Led Bingo</p>	<p>23 10:30 'In Step' Balance Class 2:30 Halloween Word Game 3:00 'In Stitches' Knitting Group (All knitters welcome!)  4:45 Dinner with John @ Ming Court 6:00 Resident Led Dominos</p>	<p>24 10:30 Stretch Class with John 12:30 Scary Mask Making  2:30 Delta Assist Xmas Hamper Info Session... 'Be a Santa to a Senior' Program' 3:30-4:30 Social Hour with... Colleen & Steve Vocals  6:30 Short Story Book Club</p>	<p>25 10:30 Functional Fitness 12:20 <u>'Friday Afternoon at the Opera'</u> (Prepaid tickets) 1:00 Bailiee & Owner come for a visit 1:00 Pumpkin Decorating 2:30 <u>Local Drive</u>  5:50-7:00 Resident Led Bingo</p>	<p>26 9:15 <u>Departure to Seniors Resource & Information Fair @ Ladner United Church</u> (Please see Detail Poster of Events) Any Questions see Diane 1:00 Afternoon Poker Game 3:00--4:00 Donald Nash Sing-a-long 6:30 Movie Night (Viewer's Choice)</p>
<p>27 All Day Shuffleboard Practice 1:00 Nine Card Golf Card Game with Don  5:50-7:00 Resident Led Bingo</p>	<p>28 9:30 Sandwich Making for Freshwave Ministries  10:00 Chair Yoga with Sue 3:30-4:30 Social Hour with... Kenny Buston  6:00 Resident Led Card Games</p>	<p>29 10:00 <u>Delta Gymnastics</u> 10:30 Functional Fitness 12:30 <u>Starlight Casino</u> 2:00-4:00 Halloween Theme Art & Painting with Enya  5.50-7:00 Resident Led Bingo</p>	<p>30 10:30 'In Step' Balance Class 12:45 Tarot Card Reading by Tara Diana 2:30-4:30 Halloween Costume Party with Suede Dog & Travel Show to Salem London <i>Signature Drink</i>  3:00 'In Stitches' Knitting Group 6:00 Resident Led Dominos</p>	<p>31 10:30 Stretch Class with John 1:30 Halloween Fun & Games with Signature Drink Wear your Black & Orange today and Best Halloween Mask Best Mask gets a Prize!  5:00 Residents to hand out Halloween Treats at Front Door</p>		

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Lunch Rosemary Potato Turnip Cream Soup Steak Sandwich or Fresh Fruit Plate & Banana Muffin Apple & Walnut Marmalade in Scone Dinner Spinach, Beet & Goat Cheese Salad Turkey Pot Pie or Olive & Pesto Crusted Haddock Wexford Famous Cheesecake	2 Lunch Lentil & Bacon Soup Chef Salad or Egg Salad on Whole Wheat German Chocolate Cake Dinner Almond Mandarin Spring Salad Crab Cake with Honey Dill Mayo Or Beef Schnitzel Cream Puffs with Chocolate Sauce	3 Lunch Simple Coconut & Bean Soup Freshly Baked Sausage Roll or Shrimp Salad on Whole Wheat Banoffee Trifles Dinner Spring Salad, Strawberry, Feta & Walnuts Coconut Thai Pork with Peanut Curry Sauce Or Chicken Thigh Adobo Homemade Cherry Tartlet	4 Lunch Corn Chowder Chicken & Avocado on Marble Rye Or Beef Dip with Au Jus Carrot Cake Dinner Black Bean & Corn Salad Baked Tilapia Parmesan or Spaghetti & Meat Sauce Triple Chocolate Fudge	5 Lunch French Onion Soup Fluffy French Toast with Berry Sauce or Grilled Reuben Sandwich Fruit Yogurt Parfait Dinner Mixed Greens with Cranberry Pecans Braised Beef with Ginger or Maple Soy Garlic Salmon Homemade Blueberry Pie
6 Lunch Cream of Broccoli Chicken Mango Salad Scrambled Eggs & Hash Browns Crème Caramel Dinner Cucumber, Cranberry Salad Roast Turkey with all the Fixings or Baked Ham with Apricot Ginger Banana Cream Pie	7 Lunch Carrot & Coriander Soup Shrimp Dilled Salad on Croissant or Baked 3 Cheese Tortellini Date Square Dinner Veggie Sticks with Ranch Dip Chicken Thigh & Mushroom Sauce Beef Oriental Stir Fry Poached Diced Pear	8 Lunch Split Pea & Ham Soup Philly Cheesesteak on a Hoagie or Heirloom Tomato Chicken Salad Mango Tango Ice Cream Dinner Tossed Greens, Tomato & Bocconcini Maple Mustard Glazed Ham or Trout Fillet with Caper Butter Sauce Homemade Pumpkin Pie	9 Lunch Cauliflower Cheese Soup Chicken Breast, Tomato, Avocado Salad or Fish & Chips with Coleslaw Warm Tapioca Pudding Dinner Mediterranean Chickpea Salad Osso Bucco & Red Wine Sauce or German Sausage with Sauerkraut Strawberry Mousse & Strawberries	10 Lunch Italian Beef Vegetable Pasta Egg & Sausage in a Brioche Bun Or Crab Salad on Pita Bread Lemon Crisp Bar Dinner Coleslaw Salisbury Steak with Demi-Glace or Fettuccine Pasta with Prawn & Peas Chocolate Lava Cake	11 Lunch Seafood Chowder Grilled Veggie Sandwich or Breaded Shrimp & Fries Strawberry Yogurt Parfait Dinner Macaroni Salad Summer Herb Cod with Lemon Sauce or Baked Chicken Thigh Blueberry Crumble Cake	12 Lunch White Bean & Vegetable Soup Beef Chili Con Carne, Cheese Muffin or Pastrami Sandwich with Sauerkraut Mixed Fruit Jell-O Dinner Waldorf Salad Beef Liver, Caramelized Onion or Sesame Salmon with Sesame Top Tiramisu
13 Lunch Cream of Pumpkin Soup Tuna Melt on Rye Bread or Eggs Benedict & Fresh Fruit Traditional Warm Bread Pudding with Caramel Sauce Dinner Spring Mixed Salad with Pear & Brie Spaghetti Meatballs or Country Fried Chicken with Gravy Carrot Cake	14 Lunch Butternut Squash & Sage Cream Soup Black Bean & Corn Quesadilla or Devilled Eggs with Ham Salad Nanaimo Bar Dinner Marinated Beets with Goat Cheese Chicken Breast with Ham & Brie Or Beef Lasagna with Garlic Bread Summer Crème Brulee	15 Lunch Chicken Noodle Soup Thai Chicken Pizza or Salmon Burger with Honey Dill Mayo Homemade Sticky Apple Pudding Dinner Baked Mussels Veal Parmigiana or Baked Trout with Lemon Sauce Lemon Curd Tart	16 Lunch Rich Cream of Tomato Soup Ham & Cheese on Hot Pretzel Bun Or Hot Dog & Lobster Sensation Gelato with Medley Summer Fruits Dinner Tossed Green & 3 Bean Salad Beef Brisket with Mushroom & Onion Sauce or Chicken Souvlaki with Tzatziki Sauce Super Chocolate Layer Cake	17 Lunch Beef Barley Soup Roasted Beef Sandwich with Horseradish Mayo or Shrimp & Spinach Cheese Quiche Maple Chocolate Mania Cake Dinner Caprese Salad Pork Ribs with BBQ Sauce or Barbequed Prawns Blueberry Pie	18 Lunch Potato, Bacon & Thyme Soup Tuna Salad on White Bread or Summer Salad Sandwich Spiced Pineapple with Vanilla Cinnamon Cream Dinner Turkey Cranberry Salad Lime & Ginger Salmon or Beef Striploin with Sweet Corn Relish Unbaked Strawberry Cheesecake	19 Lunch Italian Chicken Soup Egg & Sausage Casserole or Mini Beef Sliders Banana Cake Dinner Caesar Salad Grilled Cajun Chicken Breast or Braised Lamb Chop Chef's Choice Ice Cream with Cookie
20 Lunch Cream of Mushroom Soup Turkey, Bacon, Tomato, Swiss Melt or Chicken Salad Strawberries & Custard Dinner Mixed Greens, Cucumber & Carrots Five Spice Pork Loin or Baked Snapper with Creole Sauce Homemade Apple Flapjack Crumble	21 Lunch Versatile Vegetable Soup Cranberry Brie & Cheese on White or Roast Beef, Cheese, Tomato Sandwich Quick Peach Melba Dinner Spring Greens, Orange & Cranberry Pesto Chicken Breast or Tomato, Mascarpone Bake Penne Pasta Peanut Butter Blast Cake	22 Lunch Green Bean Minestrone Soup Pesto Salami on Bun or Fresh Fruit Plate & Zucchini Loaf Haystack Brownie Dinner Mixed Greens, Mushroom & Ham Braised Beef in Honey Soy or Sautéed Garlic Shrimp Homemade Berry Crumble	23 Lunch Ham & Potato Cream Soup BLT or Grilled Chicken Caesar Salad Blueberry Tartlet Dinner Greek Salad Lamb Pot Pie or Baked Teriyaki Fish Boston Cream Pie	24 Lunch Hearty Tomato Vegetable Soup Smoked Salmon on Rye or Wilk Mushroom, Leek Quiche Vanilla Caramel Cake Dinner Four Beans Salad Homemade Battered Halibut or Swiss Steak & Chips Orange Sherbet Ice Cream	25 Lunch Clam Chowder Cajun Chicken & Pineapple Salad Or Ham, Cheese & Pickle Sandwich Drunken Summer Watermelon Dinner Broccoli Slaw Swedish Meatballs or Tonkatsu Pork Rice Pudding with Raisins	26 Lunch Chicken & Orzo Soup Shrimp Salad Sandwich Or Baked Beans with Cheese Scone Chocolate Berry Mousse Dinner Watermelon Feta & Dressing Mediterranean Style Chicken or Prime Rib with Yorkshire Pudding Berry French Cream Dessert
27 Lunch Borscht Soup Egg Salad on Whole Wheat or Ravioli Pasta with Mushroom Sauce Macaroon Square Dinner Caesar Salad Sole Fillet with Crab & Tarragon Sauce Or Pineapple Glazed Pork Homemade Apple Pie	28 Lunch Italian Vegetable Soup Salmon Salad Sandwich or Pepperoni Pizza Sorbet with Cookies Dinner Club Chicken Salad Baked Beef Cannelloni or Stewed Lamb Cobbler Black Forest Cake	29 Lunch Rosemary Potato Turnip Cream Soup Steak Sandwich or Fresh Fruit Plate & Banana Muffin Apple & Walnut Marmalade in Scone Dinner Spinach, Beet & Goat Cheese Salad Turkey Pot Pie or Olive & Pesto Crusted Haddock Wexford Famous Cheesecake	30 Lunch Lentil & Bacon Soup Chef Salad or Egg Salad on Whole Wheat German Chocolate Cake Dinner Almond Mandarin Spring Salad Crab Cake with Honey Dill Mayo Or Beef Schnitzel Cream Puffs with Chocolate Sauce	31 Lunch Simple Coconut & Bean Soup Freshly Baked Sausage Roll or Shrimp Salad on Whole Wheat Banoffee Trifles Dinner Spring Salad, Strawberry, Feta & Walnuts Coconut Thai Pork with Peanut Curry Sauce Or Chicken Thigh Adobo Homemade Cherry Tartlet	Alternate Lunch Options <i>Omelette</i> <i>Beef Burger</i> <i>Chef Daily Sandwich</i>	Alternate Dinner Options <i>Grilled Salmon</i> <i>Grilled Chicken Breast</i> <i>Egg Salad Sandwich</i>