

# October 2020 - Black Rock Terrace

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 1px solid black; padding: 5px; width: fit-content;"> <b>Black Rock Terrace Influenza Immunization Clinic on October 14, 2020 Afternoon Session</b> </div> <p>Welcome back Lethbridge College massage students who provide <b>FREE</b> neck and shoulder massages!!</p>		<u><b>BUS TRIPS</b></u> Watch for posters that will announce upcoming bus trips! Programs and program times are subject to change; please watch for posters!		<b>National Seniors' Day</b> 1 10:00 Balance Class 10:40 Arm Chair Travel <b>Oktoberfest Theme Lunch</b> 1 to 3 Free Massages 2:00 Billiards	2 10:00 Exercise Class 1:00 Afternoon Movie 2:30 Happy Hour	3
		4 9-12 <b>Foot Care</b> 1:30 Bean Bag Toss 3:00 Painting / Craft Time	5 9:00 Strength Class 10:00 Tuck Shop orders picked up and filled 2:00 Billiards	6 10:00 Chair Yoga 10:30 Chair Yoga 2:00 Card Bingo	7 10:00 Balance Class 2:00 Billiards	8 10:00 Exercise Class 1:00 Afternoon Movie 2:30 <b>Birthday Party</b> <b>Happy Hour</b>
11 <b>Thanksgiving Day</b>	12 	13 9:00 Strength Class 10:00 Tuck Shop orders picked up and filled 2:00 Billiards	14 10:00 Chair Yoga 10:30 Chair Yoga 1:00 <b>Influenza Immunization Clinic</b>	15 10:00 Balance Class 2:00 Billiards 7:00 <b>Beer Tasting Night</b>	16 10:00 Exercise Class 1:00 Afternoon Movie 2:30 Happy Hour	17
18 10:30 Fit Ball 1:30 Bean Bag Toss 3:00 Painting / Craft Time	19 10:30 Fit Ball 1:30 Bean Bag Toss 3:00 Painting / Craft Time	20 9:00 Strength Class 10:00 Tuck Shop orders picked up and filled 2:00 Billiards 3:30 Word games	21 10:00 Chair Yoga 10:30 Chair Yoga 2:00 Card Bingo	22 10:00 Balance Class 1 to 3 Free Massages 2:00 Billiards	23 10:00 Exercise Class 1:00 Afternoon Movie 2:30 Happy Hour	24
<b>THANK YOU!</b> 25 to the Rotary Club of Lethbridge & District 5360 for their generous donation of iPads and headphones needed for residents to stay connected with family and friends. This equipment is currently being delivered to our lodge sites.	26 1:30 Bean Bag Toss 3:00 Painting / Craft Time	27 9:00 Strength Class 10:00 Tuck Shop orders picked up and filled 2:00 Billiards 3:30 Word games	28 10:00 Chair Yoga 10:30 Chair Yoga 2:00 Card Bingo	29 10:00 Balance Class <b>Haunted Theme Lunch</b> 2:00 Billiards	30 10:00 Exercise Class 1:00 Afternoon Movie 2:30 <b>Halloween Happy Hour</b>	<b>Halloween</b> 31 Set your clocks <b>BACK</b> one hour tonight before going to bed as Daylight Savings Time <b>ENDS</b> tonight at 2:00 a.m. 