

OCTOBER



FRI 10 / 01

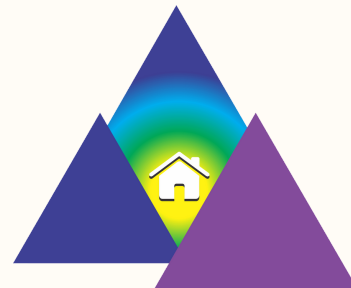
INTERNATIONAL COFFEE DAY

Today is international coffee day! Enjoy a hot cup of joe or maybe you like a Dalgona coffee? Whichever way you like your coffee it's never a bad time for a caffeine boost!

SAT 10 / 02

DW'S BIRTHDAY // HIGH TEA

It's someone's 66th today at Ladner 1! Celebrate with her and join in for a high tea! Get those fascinators out and the cucumber sandwiches. Don't forget to get those pinkies up!



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MON 10/05

MAGIC MILK EXPERIMENT

You loved the rubber egg experiment so we decided to try this one out! 3 ingredients needed: milk, food colouring, and dish soap. Show us your milky creations on Slack!

**TUES
10/06**

TACO TUESDAY

Time to cook up some yummy tacos! Weather you're doing fish, veggie, meat, or breakfast - the options are endless! Yum yum! Don't forget about the video the Arcus Gals did for tacos!

WED 10/07

BOB ROSS - FALL THEME

Get your browns and oranges together cause Bob's creative juices are flowing! Join in on Zoom and lets have a good time!

**THURS
10/08**

HANDPRINT TURKEYS

We're going old school here and making some funky turkeys to get in the Thanksgiving spirit! Trace those hands and gobble gobble!

FRI 10/09

DANCE PARTY!

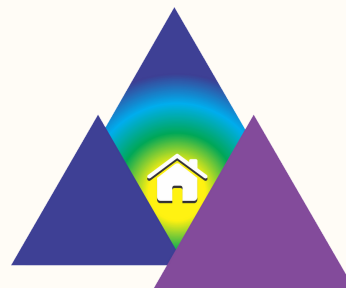
Get grovin' and movin' today. We want to see your crazy moves! It's impossible to not have a good time when you're dancin' so get moving and see how you feel.

Program is also doing wacky hair today so feel free to join in on that!

SAT 10/10

WORLD MENTAL HEALTH DAY

Check in with yourself today and see how you're doing. Mental health is just as important as physical health so look after yourselves everyone! Don't forget your self-care and take some time for yourself today. Could be 2 deep breaths or a bath!



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MON 10/12



THANKSGIVING

Get those comfy pants on for this feast! Take time today to remember what you're thankful for... and a little pumpkin pie! We're all so thankful for the whole Arcus Family! ❤️

TUES 10/13

HALLOWEEN PARTY PREP/DECORATE

This year's Halloween party is going to look a little different but we didn't forget about it! Be watching for posts about what we're going to be doing but today take time to decorate for the party!

WED 10/14

**JACK-O'-LANTERN
CARVING**

It's halfway through October so it's time to carve those pumpkins! Show off your skills on slack and there might be some prizes awarded to some the best ones... Get creative folks!

THURS
10/15

**GLOBAL HANDWASHING
DAY // MUSIC WITH RYAN**

Don't forget to wash your hands everybody! This year has definitely made us all familiar with the process. ALSO Ryan is back over Zoom so watch for the link!

FRI 10/16

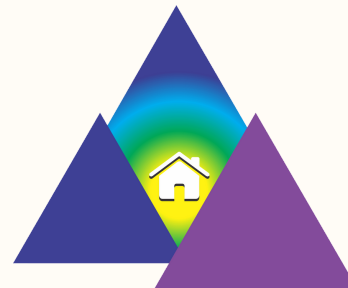
MOVIE + POPCORN

Cozy up with your favourite movie and grab some popcorn (or other snack.) Could be a scary one, or a Halloween-themed movie, or maybe Disney! Regardless, kick back on Friday night and have a good old fashioned movie night!

SAT 10/17

PAMPER/SPA DAY

Make this Saturday your self-care day and pamper yourself! Could be a face mask (not the masks we wear everyday but a clay or sheet (etc.) mask.) Whatever you do - make yourself feel good because you all deserve it!



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ONLINE
COMMUNITY
CALENDAR

MON 10 / 19

MIKE'S CRITTERS

We know you guys have missed him but he's back! ... sorta. Mike will be doing a virtual demonstration over Zoom! Watch for the link and learn more about those critters we miss.

**TUES
10 / 20**

CW'S 35TH!

CW from Meadowbrook turns 35 today and she wants you to have fun too!

WED 10 / 21

DOOR DECORATING!

You know the deal at Arcus... time to decorate a door for Halloween! Get creative and see what you come up with! Prizes may be on the line today too... Decorate to impress!

**THURS
10 / 22**

EF'S 27TH!

EF from Program is turning 27! Lets send him some virtual cards! Anyone that wants to participate please send them to Lynne@arcus.email and she will forward them on to him!

FRI 10 / 23

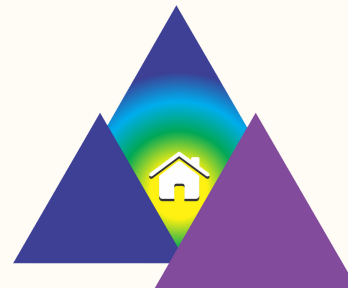
**VEERINDER COOKING
VIDEO**

We're back with a new and exciting cooking video! Get ready for some more yummy South Asian food! Our mouths are already watering!

SAT 10 / 24

FAVOURITE FALL DRINK

Today lets cozy up with our favourite fall drink! Are you a Pumpkin Spice person? Maybe a London Fog or Hot Chocolate? Whatever your favourite is share with us!



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MON 10 / 26

LEAF/PINCONES PAINTING

Channel your inner scavenger and find some cool things within nature to paint! There's lots of fun tutorials out there on how to paint pinecones and leaves. We wanna see your beautiful creations!

**TUES
10 / 27**

PARTY PREP!

THE PARTY IS TOMORROW AND WE ARE SO EXCITED!! Finish up your final touches to make tomorrow a smash hit! We can't wait to see what you guys come up with!

WED 10 / 28

HALLOWEEN PARTY!!

We have finally made it! This is our first big Arcus virtual party! As much as we would love to see everyone in person we are happy to have you at this party! Can't wait to see everyone!!

**THURS
10 / 29**

SCAVENGER HUNT!

Today we have a special Scavenger Hunt planned for you! Start your engines and go out and see what you can find! There WILL be a prize and no - it's not leftovers from yesterday's party ;)

FRI 10 / 30

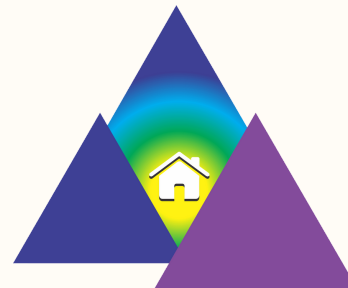
JERSEY DAY!

Support your favourite team and rep their jersey! Lets see how many countries/sports we can see supported! Dig into those closets!

SAT 10 / 31

NK'S 14TH BIRTHDAY!

Our man at Valley really misses everyone! Join in for a driveby his house with birthday posters - it would really mean a lot! Send a virtual card to andrea@arcus.email if you can so he can feel the love!



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