




OCTOBER 2023

Emma's Neighbourhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:00 Breakfast 10:30 Circle of Friends 12:00 Lunch 1:15 You and I visits 2:30 Church with Ankit-CH 3:15 Fellowship-CC 5:00 Dinner	2 8:00 Breakfast 9:30 For the soul with Janet 10:30 Fit for Life: Walking Group 12:00 Lunch 5:00 Dinner	3 8:00 Breakfast 10:30 In the Kitchen 12:00 Lunch 1:30 Musical Moments 3:15 Life Mark General Exercise 3:15 Stepping Out 5:00 Dinner	4 8:00 Breakfast 12:00 Lunch 3:30 Express yourself 5:00 Dinner 6:15 Neighborhood Time	5 8:00 Breakfast 9:15 Breakfast Club-H – Sign Up 12:00 Lunch 1:30 Soothing Sensations 3:30 For the Fun of Fit 5:00 Dinner	6 8:00 Breakfast 12:00 Lunch 3:00 Life mark General Exercise 5:00 Dinner	7 8:00 Breakfast 10:30 For the Fun of Fit 12:00 Lunch 2:00 Split Decision Music Duo Performs-EG 3:45 Brains and Banter 5:00 Dinner
8 8:00 Breakfast 10:30 Circle of Friends 12:00 Lunch 1:15 You and I visits 2:30 Church with Janet-CH 3:15 Fellowship-CC 5:00 Dinner	9 Thanksgiving 8:00 Breakfast 12:00 Lunch 5:00 Dinner 	10 8:00 Breakfast 8:30 Broadway Diner Breakfast Outing-Sign Up-\$ 12:00 Lunch 1:30 Musical Moments 3:15 Life Mark General Exercise 5:00 Dinner	11 8:00 Breakfast 12:00 Lunch 1:30 Music Therapy with Jen 5:00 Dinner 6:15 Neighborhood Time	12 8:00 Breakfast 10:30 Brains & Banter 12:00 Lunch 1:30 Soothing Sensations 3:30 For the Fun of Fit 5:00 Dinner	13 M&M Day 8:00 Breakfast 12:00 Lunch 3:00 Life Mark General Exercise 5:00 Dinner	14 8:00 Breakfast 10:30 For the Fun of Fit 12:00 Lunch 2:30 Entertainment with Kelly Davies (TH) 5:00 Dinner
15 8:00 Breakfast 10:30 Circle of Friends 12:00 Lunch 1:15 You and I visits 2:30 Church with Janet-CH 3:15 Fellowship-CC 5:00 Dinner	16 8:00 Breakfast 9:30 For the Soul with Janet 10-3 Vendor: Hardt Designs Ladies Fashion-TS 12:00 Lunch 5:00 Dinner	17 8:00 Breakfast 10:30 In the Kitchen 12:00 Lunch 1:30 Musical Moments 3:15 Life Mark General Exercise 5:00 Dinner	18 8:00 Breakfast 12:00 Lunch 2-4 Harvest Happenings: Petting Zoo-BP 5:00 Dinner 6:15 Neighborhood Time	19 8:00 Breakfast 12:00 Lunch 1:30 Fall Leaf Country Drive-Sign Up 5:00 Dinner	20 8:00 Breakfast 12:00 Lunch 3:00 Happy Hour With Michael Thornton 5:00 Dinner	21 8:00 Breakfast 10:30 For the Fun of Fit 12:00 Lunch 1:30 Java Time 3:30 Brains and Banter 5:00 Dinner
22 8:00 Breakfast 10:30 Circle of Friends 12:00 Lunch 1:15 You and I visits 2:30 Church with Janet-CH 3:15 Fellowship-CC 5:00 Dinner	23 8:00 Breakfast 9:30 For the Soul with Janet 12:00 Lunch 5:00 Dinner	24 8:00 Breakfast 10:30 In the Kitchen 12:00 Lunch 1:30 Musical Moments 3:15 Life Mark General Exercise 5:00 Dinner	25 8:00 Breakfast 12:00 Lunch 1:30 Music Therapy with Jen 3:30 Express Yourself 5:00 Diners Club: Pasta-Sign Up-\$15-H 5:00 Dinner 7:00 You & I Visits	26 8:00 Breakfast 10:30 Brains & Banter 12:00 Lunch 1:00 Outing: Mum Show-Sign Up-\$ 5:00 Dinner	27 8:00 Breakfast 12:00 Lunch 3:00 Life Mark General Exercise 5:00 Dinner	28 8:00 Breakfast 10:00 Halloween Howl - Trick or Treating 12:00 Lunch 1:30 Java Time 3:30 Brains and Banter 5:00 Dinner
29 8:00 Breakfast 10:30 Circle of Friends 12:00 Lunch 1:15 You and I visits 2:30 Church with Janet-CH 3:15 Fellowship-CC 5:00 Dinner	30 8:00 Breakfast 9:30 For the Soul with Janet 12:00 Lunch 5:00 Dinner	31 Happy Halloween! 8:00 Breakfast 10:30 In the Kitchen 12:00 Lunch 1:30 Musical Moments 3:00 Halloween Party 3:15 Life Mark General Exercise 5:00 Dinner 		<div>CH-Chapel LL- Basement H- Hobby Shop TH-Town Hall MS-Main Street TS-Town Square L-Library SH-School House SC-Social Club</div> <div>FC- Fitness Centre A- Art Studio C-Café CC-Community Center EG-Egerton (2nd Floor) EM-Emma's (2nd Floor) PS-Pet Shop DK-Demo Kitchen BP-Back Patio *-Independent Program \$- Money Required</div>		