



# October 2024

## Neighbourhood of Ailsa Craig



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Where Is The Program?</b></p> <p><b>C</b>—Chapel*      <b>TH</b>—Town Hall*      <b>MF</b>— Main Floor*  <b>TS</b>—Town Square*      <b>FE</b>—Front Entrance*      <b>HS</b>—Hobby Shop*  <b>BP</b>— Back Patio*      <b>FC</b>—Fitness Centre*      <b>L</b>— Library*  <b>JPL</b> — Jack Purcell Lounge      <b>ML</b> — Ailsa Craig Lobby</p> <p>* Indicated Arbour Trails Main Building  <b>NOTE:</b> Programs, their times, and locations are subject to change.</p>						
		<p>1            10:30 Meeting of Minds TH            11:00 VON Exercise JPL            2:30 Art Hour: Halloween Door Hanging HS            3:00 Praying the Rosary C  <b>3:30 Active Aging Week Feature: Stretch Class FC</b>            7:30 Senior Fireside Chat: "What can be done to reduce the income disparity in Canada?" L            7:30 Trivia Night HS</p> <p style="text-align: center;"><b>Active Aging Week &amp; International Day for Older Persons</b></p>	<p>2 <b>11-3 The Clothing Chick HS</b>            9:30 VON Exercise FC            10:30 Coffee &amp; Baileys 3rd FL            10:30 TV Show: "Nailed It; Baking Competition Show" TH            11:00 VON Exercise JPL            3:00 Get Active JPL            3:30 Jeopardy JPL            7:30 Music on Wednesday: "Alan Jackson" TH</p> <p style="text-align: center;"><b>Rosh Hashanah</b></p> <p style="text-align: center;"><b>Active Aging Week Feature: Home Exercise Handouts FC</b></p>	<p>3 <b>9-1 Barbs Produce Last Day</b>            10:00 Chair Yoga FC            10:30 Bible Study C            11:00 VON Exercise JPL            2:30 Food Committee Meeting L  <b>3:00 Active Aging Week: Outdoor Gentle Exercises BP</b>            3:45 DrumFIT FC            2:30 &amp; 7:30 Movie: "The Chariots of Fire" TH            7:00 No Stress Bridge JPL            7:45 Bingo! HS</p>	<p>4            9:30 VON Exercise FC  <b>10:00 Excursion to IKEA *RSVP on ML</b>  <b>2:30 Smile Day Photo Booth and Goodies MF Café</b>            2:30 Hand Therapy HS  <b>3:30 Active Aging Week Group Walk TS</b>            2:30 &amp; 7:30 Movie: "The Ministry of Ungentlemanly Warfare" TH  <b>7:30 Piano Music with "Parsa Tabesh" TS</b></p>	<p>5            9:30 BCTW Hike Group: Starkey Hill            10:15 Morning Smoothies TS            2:00 Knitting Club 4th FL  <b>2:30 Active Aging Week Total Body Bootcamp FC</b>            2:30 Saturday Series: "Downton Abbey" TH            3:00 Happy Hour TS</p>
<p>6            10:15 Specialty Coffee TS            10:30 Community of Christ Service C            11:00 DrumFIT FC            2:00 Euchre JPL            2:15 Brain Game Puzzle Pick-up HS            3:00 Chapel Service C            3:45 Fellowship Café TS            4:00 Sunday Series: "One Foot in the Grave" TH</p>	<p>7            10:30 Catholic Communion C            11:00 VON Exercise JPL            2:00 High Tea 2nd FL            4:00 Hand Therapy JPL            3:00 Better Balance JPL            5:00 Happy Hour 2nd FL            2:30 &amp; 7:30 Movie: "New Waterford Girl" TH  <b>7:30 Piano Music with "Parsa Tabesh" TS</b></p>	<p>8 <b>12:30-3:30 Vision Loss Rehab TS</b>            10:30 Meeting of Minds TH            11:00 VON Exercise JPL            2:30 Film of Faith: "Sweet Autumn" TH            3:30 Stretch Class FC  <b>7:30 Live Entertainment with "Royal City Ukulele Ensemble" TS</b></p>	<p>9 <b>10-2 Bella Boutique TS</b>            9:30 VON Exercise FC            10:30 Coffee &amp; Baileys 3rd FL            10:30 TV Show: "Nailed It; Baking Competition Show" TH            11:00 VON Exercise JPL            2:15 Therapeutic Paws: Visits with Raven HS            2:30 Tech Help *Call ext 836            3:00 Get Active JPL            3:00 Bookmobile FE            3:30 Jeopardy JPL            7:30 Classical Music on Wednesday: "Edvard Grieg: Peer Gynt" TH</p>	<p>10            10:00 Chair Yoga FC            10:30 Bible Study C            11:00 VON Exercise JPL            2:30 Movie Crew Meeting HS  <b>New Members Welcome</b>            3:00 Gentle Exercises FC            3:45 DrumFIT FC            2:30 &amp; 7:30 Movie: "The African Queen" TH            7:00 No Stress Bridge JPL            7:45 Bingo! HS</p> <p style="text-align: center;"><b>World Mental Health Day — Please see our information display in Town Square</b></p>	<p>11 <b>10-2 Flowers, Fare, and Gifts Fall Market TS</b>            9:30 VON Exercise FC            10:30 Morning Stretches JPL            2:30 Corn Hole 4th FL            2:30 Hand Therapy HS  <b>Happy Hour</b>            4:00 Happy Hour 3rd FL            4:20 Happy Hour 4th FL            2:30 &amp; 7:30 Movie: "I Care a lot" TH  <b>7:30 Piano Music with "Parsa Tabesh" TS</b></p>	<p>12  <b>9:30 BCTW Hike Group: Smith Property Loop &amp; Lunch *RSVP on ML</b>            10:30 Cornhole 4th FL            2:00 Knitting Club 4th FL            2:30 Saturday Series: "Downton Abbey" TH            2:30 Total Body Bootcamp FC            3:00 Happy Hour TS            4:00 Hymn Sing JPL</p> <p style="text-align: center;"><b>Yom Kippur &amp; World Hospice and Palliative Care Day — Please see our display in Town Square</b></p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>13 10:15 Specialty Coffee TS 10:30 Community of Christ Service C 11:00 DrumFIT FC 2:00 Euchre JPL 2:15 Brain Game Puzzle Pick-up HS 3:00 Chapel Service C 3:45 Fellowship Café TS 4:00 Sunday Series: "One Foot in the Grave" TH</p>	<p>14 10:30 Catholic Communion C 3:00 Thanksgiving Pie Social TS 5:00 Happy Hour 2nd FL 2:30 &amp; 7:30 Movie: "The Saddest Music in the World" TH <b>7:30 Piano Music with "Parsa Tabesh" TS</b> <b>No Exercise Classes Today</b></p> <p><b>Thanksgiving &amp; International Infection Prevention Week</b> — <i>Please see poster for more information</i></p>	<p>15 10:30 Meeting of Minds TH 11:00 VON Exercise JPL 3:30 Stretch Class FC 7:30 Senior Fireside Chat: "Is a little knowledge a dangerous thing?" L 7:30 Trivia Night HS</p>	<p>16 9:30 VON Exercise FC 10:30 Coffee &amp; Baileys 3rd FL 10:30 TV Show: "Nailed It; Baking Competition Show" TH 11:00 VON Exercise JPL <b>2:15 Therapeutic Pet Paws Visit HS</b> 2:30 Tech Help *Call ext 836 3:00 Get Active JPL 3:30 Jeopardy JPL 7:30 Music on Wednesdays: "Carole King" TH</p> <p><b>Sukkot</b></p>	<p>17 10:00 Chair Yoga FC 10:30 Bible Study C 11:00 VON Exercise JPL 3:00 Gentle Exercises FC 3:45 DrumFIT FC 2:30 &amp; 7:30 Movie: "Pretty Woman" TH 7:00 No Stress Bridge JPL</p>	<p>18 <b>10-2 Creations Boutique HS</b> 9:30 VON Exercise FC <b>10:30 Coffee Hour with Guest Speaker: Andrew on Estate Planning JPL</b> 2:30 Corn Hole 4th FL 2:30 Hand Therapy HS <b>Happy Hour</b> 4:00 Happy Hour 3rd FL 4:20 Happy Hour 4th FL 2:30 &amp; 7:30 Movie: "Being the Ricardos" TH <b>7:30 Piano Music with "Parsa Tabesh" TS</b></p>	<p>19 10:15 Morning Smoothies TS 2:00 Knitting Club 4th FL 2:30 Saturday Series: "Downton Abbey" TH 2:30 Total Body Bootcamp FC 3:00 Happy Hour TS</p>
<p>20 9:30 BCTW Hike Group: GHTC OR SideTrail 10:15 Specialty Coffee TS 11:00 DrumFIT FC 2:00 Euchre JPL 2:15 Brain Game Puzzle Pick-up HS 3:00 Chapel Service C 3:45 Fellowship Café TS 4:00 Sunday Series: "One Foot in the Grave" TH</p> <p><b>Start of Spiritual and Religious Health Awareness Week</b> — <i>See display in Town Square</i></p>	<p>21 10:30 Catholic Communion C 11:00 VON Exercise JPL <b>2:00 Strom's Pumpkin Patch *RSVP on ML</b> 3:00 Better Balance JPL 5:00 Happy Hour 2nd FL 2:30 &amp; 7:30 Movie: "The Straight Story" TH <b>7:30 Piano Music with "Parsa Tabesh" TS</b></p>	<p>22 10:30 Meeting of Minds TH 11:00 VON Exercise JPL <b>2:30 Oktoberfest Parade *RSVP to be part on ML</b> <b>3:00 Oktoberfest Social TS</b> 3:30 Stretch Class FC <b>7:30 Oktoberfest Party with Live Entertainment with "The Black Forest Band" TS</b></p>	<p>23 9:30 VON Exercise FC <b>10:30 Men's Conversation Connection: Multifaith Discussion C</b> 10:30 Coffee &amp; Bailey's 3rd FL 10:30 TV Show: "Nailed It; Baking Competition Show" TH 11:00 VON Exercise JPL <b>2:30 Resident's Council Meeting TH</b> 2:30 Tech Help *Call ext 836 3:00 Get Active JPL 3:00 Bookmobile FE 3:30 Jeopardy JPL 7:30 Classical Music on Wednesday: "Beethoven 6th Symphony" TH</p>	<p>24 10:00 Chair Yoga FC 10:30 Bible Study C 11:00 VON Exercise JPL 2:30 Art Hour: Pumpkin Decorating HS <b>2:30 Conversation Connection JPL</b> 3:00 Gentle Exercises FC 3:45 DrumFIT FC 2:30 &amp; 7:30 Movie: "Waking Ned Devine" TH 7:00 No Stress Bridge JPL 7:45 Bingo! HS</p>	<p>25 9:30 VON Exercise FC 10:30 Guelph United Ministries Communion Service C 10:30 Morning Stretches JPL 2:30 Corn Hole 4th FL 2:30 Hand Therapy HS <b>2:30 Live Entertainment with: "Grace Cowley" TH</b> <b>Happy Birthday Hour</b> 4:00 Happy Hour 3rd FL 4:20 Happy Hour 4th FL 7:30 Movie: "The Call of the Wild" TH <b>7:30 Piano Music with "Parsa Tabesh" TS</b></p>	<p>26 <b>11:00 BCTW Hike Group: RRT Downtown Trail &amp; Lunch at The Ward Bar/ Spring Mill Distillery *RSVP on ML</b> 10:30 Cornhole 4th FL 2:00 Knitting Club 4th FL 2:30 Saturday Series: "Downton Abbey" TH 2:30 Total Body Bootcamp FC 3:00 Happy Hour TS 4:00 Hymn Sing JPL</p>
<p>27 10:15 Specialty Coffee TS 11:00 DrumFIT FC 2:00 Euchre JPL 2:15 Brain Game Puzzle Pick-up HS 3:00 Chapel Service C 3:45 Fellowship Café TS 4:00 Sunday Series: "One Foot in the Grave" TH</p>	<p><b>28 11-4 Nelly's Comfort Shoes TS</b> 10:30 Catholic Communion C 11:00 VON Exercise JPL 2:00 Book Club 2nd FL 3:00 Better Balance JPL <b>4:30 Dinner at Borealis Grille &amp; Bar *RSVP on ML</b> 2:30 &amp; 7:30 Movie: "The Rain Man" TH <b>7:30 Piano Music with "Parsa Tabesh" TS</b></p>	<p>29 10:30 Meeting of Minds TH 11:00 VON Exercise JPL 2:30 Art Hour: Masquerade Masks HS <b>2:30 Seminar Series: "The Reality of Loss" TH</b> Loss and Grief Seminar TH 3:30 Stretch Class FC 7:30 Senior Fireside Chat: "Does Canada spend too much/too little on defense?" L 7:30 Trivia Night HS</p>	<p>30 9:30 VON Exercise FC <b>10:00 Butterfly Conservatory *RSVP and pay by Thursday 24th on ML</b> 10:30 Coffee &amp; Baileys 3rd FL 10:30 Men's Conversation Connection C 10:30 TV Show: "Nailed It; Baking Competition Show" TH 11:00 VON Exercise JPL 2:30 Tech Help *Call ext 836 3:00 Get Active JPL 3:30 Jeopardy JPL 7:30 Music on Wednesdays: "Halloween Music" TH</p>	<p>31 10:00 Chair Yoga FC 10:30 Bible Study C 11:00 VON Exercise JPL <b>10:30-2:30 Pumpkin Carving Voting TS</b> <b>2:30 Halloween Masquerade Ball with Live Entertainment, "The Beautiful Noise" TH</b> 3:00 Gentle Exercises FC 7:00 No Stress Bridge JPL 7:30 Movie: "Butch Cassidy and the Sundance Kid" TH 7:45 Bingo! HS</p> <p><b>Happy Halloween &amp; Diwali</b></p>	<p><b>Recreation Contact Information:</b> arbourtrails.recreation@schlegelvillages.com (226)-251-3065 Extension 836</p>	