



October 2024

Neighbourhood Williamsburg & Becker



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|---|--|
| <p>Where Is The Program?</p> <p>C—Chapel TH—Town Hall MF— Main Floor TS—Town Square FE—Front Entrance EM—Emma’s HS—Hobby Shop BP— Back Patio FC—Fitness Centre</p> <p>NOTE: Programs, their times, and locations are subject to change.</p> | | | | | | |
| | | <p>1 10:30 Meeting of Minds Discussion Group TH 2:30 Art Hour: Halloween Door Hangers HS 3:00 Praying The Rosary C 3:30 Tech Help HS *Call 811 3:30 Stretch Class FC 7:30 Seniors Fireside Chat: “What can be done to reduce income disparity in Canada” L 7:30 Trivia Night HS</p> <p style="text-align: center;">Active Aging Week International day for older Persons</p> | <p>2 The Clothing Chick 11-3 HS 9:30 VON Exercise Class FC 10:00 Get Active (Standing) FC 10:30 TV Show: “Nailed It; Baking Competition Show” TH 1:30 Get Active (Seated) FC *Time Change 3:00 Happy Hour MF Café 6:15 Bookmobile Pre-Orders HS 7:30 Popular Music on Wednesday: “Alan Jackson” TH</p> <p style="text-align: center;">Rosh Hashanah</p> <p style="text-align: center;">Active Aging Week Feature: Home Exercise Handouts FC</p> | <p>3 Barbs Produce 9-1 Last Day 10:00 Chair Yoga FC 10:30 Coffee & Trivia L 10:30 Bible Study C 2:30 Food Committee Meeting L 3:00 Active Aging Week: outdoor Gentle Exercises BP 3:45 DrumFIT FC 2:30 & 7:30 Movie: “The Chariots of Fire” TH 7:45 Bingo! HS</p> | <p>4 9:30 VON Exercise Class FC 10:00 Outing: Ikea *Signup Only 2:30 Hand Therapy HS 2:30 Smile Day Photo Booth and Goodies MF Café 3:30 Active Aging Week Group Walk Café 2:30 & 7:30 Movie: ‘The Ministry of Ungentlemanly Warfare’ TH 7:30 Piano Music with “Parsa Tabesh” TS</p> <p style="text-align: center;">World Smile Day</p> | <p>5 10:15 Morning Smoothies MF Café 11:15 Balloon Volleyball FC 1:30 Trivia HS 2:30 Saturday Series: “Downton Abbey” TH 2:30 Active Aging Week Total Body Bootcamp FC 3:00 Happy Hour MF Café</p> |
| <p>6 10:15 Specialty Coffee MF Café 10:30 Community of Christ Service C 11:00 DrumFIT FC 1:30 Afternoon Sports SC 2:15 Brain Game Puzzle Pick-up HS 3:00 Chapel Service C 3:45 Fellowship Café MF Café 4:00 Sunday TV Series: “One Foot in the Grave” TH</p> | <p>7 10:00 Better Balance (Standing) FC 10:30 Giant Crossword L 10:30 Catholic Communion C 1:30 Shake Loose a Memory Game L 2:00 Get Active (Seated) FC 2:30 Resident Euchre Group SC 3:00 Musical Bingo HS 2:30 & 7:30 Movie: “New Waterford Girl” TH 7:30 Piano Music with “Parsa Tabesh” TS</p> | <p>8 Vision Loss Rehab Booth 12:30-3:30 TS 10:30 Meeting of Minds Discussion Group TH 2:30 Outings Meeting HS 2:30 Film of Faith: “Sweet Autumn” TH 3:30 Tech Help HS *Call 811 3:30 Stretch Class FC 7:30 Entertainment: “Royal City Ukulele Ensemble” TS 7:30 Seniors Fireside Chat: “What has been the greatest invention” L</p> | <p>9 Bella Boutique 10-2 TS 9:30 VON Exercise Class FC 10:00 Get Active (Standing) FC 10:30 TV Show: “Nailed It; Baking Competition Show” TH 2:00 Get Active (Seated) FC 3:00 Happy Hour MF Café 3:00 Bookmobile FE 7:30 Classical Music on Wednesday: “Edvard Grieg: Peer Gynt” TH</p> | <p>10 10:00 Chair Yoga FC 10:30 Bible Study C 2:30 Movie Crew Meeting HS 3:00 Gentle Exercise FC 3:45 DrumFIT FC 2:30 & 7:30 Movie: “The African Queen” TH 7:45 Bingo! HS</p> <p style="text-align: center;">World Mental Health Day— See Display in Town Square</p> | <p>11 Flowers, Fare & Gifts Fall Market 10-2 TS 9:30 VON Exercise Class FC 2:30 Hand Therapy HS 3:30 Destination Social: “Brazil” MF Café 2:30 & 7:30 Movie: “I Care A lot” TH 7:30 Piano Music with “Parsa Tabesh” TS</p> | <p>12 10:15 Morning Smoothies MF Café 11:15 Balloon Volleyball FC 1:30 Trivia HS 2:30 Saturday Series: “Downton Abbey” TH 2:30 Total Body Bootcamp FC 3:00 Happy Hour MF Café</p> <p style="text-align: center;">World Hospice and Palliative Care Day</p> <p style="text-align: center;">Yom Kippur</p> |



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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|--|--|--|
| 13 10:15 Specialty Coffee MF Café 10:30 Community of Christ Service C 11:00 DrumFIT FC 2:15 Brain Game Puzzle Pick-up HS 3:00 Thanksgiving Chapel Service C 3:45 Fellowship Café MF Café *No Sunday TV Series | 14 10:30 Giant Crossword L 10:30 Catholic Communion C 2:30 Resident Euchre Group SC 3:00 Pie Social MF Café 2:30 & 7:30 Movie: "The Saddest Music in the World" TH 7:30 Piano Music with "Parsa Tabesh" TS Thanksgiving Day No Pal Exercise Today International Infection Prevention Week | 15 10:30 Meeting of Minds Discussion Group TH 2:00 Art Hour Outing "Crock a Doodle" *Signup Only 3:30 Stretch Class FC 7:30 Seniors Fireside Chat: "Is a little knowledge a dangerous thing?" L 7:30 Trivia Night HS No Tech Help Today | 16 9:30 VON Exercise Class FC 10:00 Get Active (Standing) FC 10:30 TV Show: "Nailed It; Baking Competition Show" TH 2:00 Get Active (Seated) FC 2:15 Therapeutic Pet Paws: Raven Visits HS 3:00 Happy Hour MF Café 6:15 Bookmobile Pre-Orders HS 7:30 Popular Music on Wednesday: "Carole King" TH Sukkot | 17 10:00 Chair Yoga FC 10:30 Bible Study C 2:30 Book Club L 3:00 Gentle Exercise FC 3:45 DrumFIT FC 2:30 & 7:30 Movie: "Pretty Woman" TH No Bingo Today | 18 Creations Boutique 10-2 HS 9:30 VON Exercise Class FC 10:00 Outing: Basilica of Our Lady Tour & Lunch at Angels Diner *Sign up only 3:30 Neighbourhood Birthday Paty L 2:30 & 7:30 Movie: "Being the Ricardo's" TH 7:30 Piano Music with "Parsa Tabesh" TS | 19 10:15 Morning Smoothies MF Cafe 11:15 Balloon Volleyball FC 1:30 Trivia HS 2:30 Saturday Series: "Downton Abbey" TH 2:30 Total Body Bootcamp FC 3:00 Happy Hour MF Café |
| 20 10:15 Specialty Coffee MF Café 11:00 DrumFIT FC 1:30 Afternoon Sports SC 2:15 Brain Game Puzzle Pick-up HS 3:00 Chapel Service C 3:45 Fellowship Café MF Café 4:00 Sunday TV Series: "One Foot in the Grave" TH Start of Spiritual & Religious Health Awareness Week | 21 10:00 Better Balance (Standing) FC 10:30 Giant Crossword L 10:30 Catholic Communion C 2:00 Outing: Stroms Pumpkin Patch *Signup only 2:00 Get Active (Seated) FC 2:30 Resident Euchre Group SC 2:30 & 7:30 Movie: "The Straight Story" TH 7:30 Piano Music with "Parsa Tabesh" TS | 22 10:30 Meeting of Minds Discussion Group TH 2:30 Oktoberfest Parade 3:00 Oktoberfest Social MF Café 3:30 Stretch Class FC 7:30 Oktoberfest Party with the "Black Forrest Band" TS | 23 9:30 VON Exercise Class FC 10:00 Get Active (Standing) FC 10:30 Multifaith Discussion C 10:30 TV Show: "Nailed It; Baking Competition" TH 2:00 Get Active (Seated) FC 2:30 Residents' Council Meeting TH 3:00 Happy Hour MF Café 3:00 Bookmobile FE 7:30 Classical Music on Wednesday: "Beethoven 6th Symphony" TH | 24 10:00 Chair Yoga FC 10:30 Bible Study C 2:30 Pumpkin Decorating HS 3:00 Gentle Exercise FC 3:45 DrumFIT FC 2:30 & 7:30 Movie: "Waking Ned Devine" TH 7:45 Bingo! HS | 25 9:30 VON Exercise Class FC 10:30 Guelph United Ministries Communion Service C 2:30 Entertainment: "Grace Cowley" TH 2:30 Hand Therapy HS 3:45 Destination Social: "Massachusetts" MF Café 7:30 Movie: "The Call of the Wild" TH 7:30 Piano Music with "Parsa Tabesh" TS | 26 10:15 Morning Smoothies MF Cafe 11:15 Balloon Volleyball FC 1:30 Trivia HS 2:30 Saturday Series: "Downton Abbey" TH 2:30 Total Body Bootcamp FC 3:00 Happy Hour MF Café |
| 27 10:15 Specialty Coffee MF Café 11:00 DrumFIT FC 1:30 Afternoon Sports SC 2:15 Brain Game Puzzle Pick-up HS 3:00 Chapel Service C 3:45 Fellowship Café MF Café 4:00 Sunday TV Series: "One Foot in the Grave" TH | 28 Nelly's Comfort Shoes 11-4 TS 10:00 Better Balance (Standing) FC 10:30 Giant Crossword L 10:30 Catholic Communion C 1:30 Shake Loose a Memory Game L 2:00 Get Active (Seated) FC 2:30 Resident Euchre Group SC 3:00 Musical Bingo HS 2:30 & 7:30 Movie: "The Rain Man" TH 7:30 Piano Music with "Parsa Tabesh" TS | 29 10:30 Meeting of Minds Discussion Group TH 2:30 Art Hour: Masquerade Masks" HS 2:30 Seminar Series: "The Reality of Loss" TH 3:30 Tech Help HS *Call 811 3:30 Stretch Class FC 7:30 Seniors Fireside Chat: "Does Canada spend too much/ too little on defense" L 7:30 Trivia Night HS | 30 9:30 VON Exercise Class FC 10:00 Get Active (Standing) FC 10:00 Outing: Butterfly Conservatory *Sign up only 10:30 Men's Conversation Connection C 10:30 TV Show: "Nailed It; Baking Competition Show" TH 2:00 Get Active (Seated) FC 2:15 Therapeutic Pet Paws: Raven Visits HS 3:00 Happy Hour MF Café 6:15 Bookmobile Pre-Orders HS 7:30 Popular Music on Wednesday: "Halloween Music" TH | 31 10:00 Chair Yoga FC 10:30 Coffee & Trivia L 10:30 Bible Study C 2:30 Halloween Masquerade Ball with "The Beautiful Noise" TH 3:00 Gentle Exercise FC 7:30 Movie: "Butch Cassidy and the Sundance Kid" TH 7:45 Bingo Halloween & Diwali | Recreation Contact Information: arbourtrails.recreation@schlegelvillages.com (226)-251-3065 Extension 811 | |