



October 2024

Alderwood Neighborhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Active Aging Week 09:30 In the Kitchen: Smoothies 10:30 For the Fun of Fit 2:30 Oktoberfest Celebration: Polka Dancers - TS 03:00	2 09:00 Horticulture Therapy 09:15 You and Me 10:45 Music Therapy 02:00 For the Fun of Fit 03:30 For the Soul 04:00 Stepping Out	3 Rosh Hashanah 09:30 Neighborhood Time 10:00 For the fun of Fit 12:00 Lunch 02:30 Outing: James Garden Park 03:30 Musical Moments	4 World Smile Day 10:00 In the kitchen: Smile Day Cookie making 11:00 Express Yourself: Photobooth 02:00 Neighborhood Time 02:30 For the Fun of Fit 03:30 Soothing Sensations	5 09:30 For the fun of Fit 10:30 Adele Storyteller 11:00 Brains & Banter 12:00 Lunch 02:30 Circle of Friends
6 09:30 Stepping Out 10:00 Fellowship Service 11:00 Brains & Banter 02:30 Express Yourself: Apple Stamping 03:30 Soothing Sensations	7 10:30 Dancing with Parkinson 12:00 Lunch 01:45 For the fun of Fit 02:30 Musical Moments 3:00 Java Memory 06:30 Bingo	8 Vendor: Fifth Avenue 10-3pm 09:30 Neighborhood Time 10:00 Express Yourself: Thanksgiving 11:00 Java Memory 02:00 Stepping Out 02:30 For the Fun of Fit 03:30 Brains & Banter	9 09:00 Horticulture Therapy 10:45 Music Therapy 01:30 Outing: Pumpkin Picking 02:30 In the Kitchen 03:30 Brains & Banter 04:00 Stepping Out	10 09:30 Italian Club 10:30 Brains & Banter 12:00 Lunch 02:30 Musical Moments 03:00 Soothing Sensations	11 09:30 Neighborhood Time 10:30 Express Yourself: watercolors 11:15 Brains & Banter 12:00 Lunch 02:30 For the Soul 03:30 Bingo	12 Yom Kippur 09:30 Neighborhood Time 10:00 Java Memory 11:00 Dominoes 02:30 Express Yourself 03:30 Brains & Banter: Yom Kippur
13 09:30 Neighborhood Time 10:00 Tea Social 02:00 Stepping Out 02:30 Pumpkin Painting 03:30 Soothing Sensations	14 Thanksgiving 09:30 Thanksgiving Trivia 10:30 For the Fun of Fit 2:30 Thanksgiving Entertainment: Tristan 04:00 You and Me	15 09:30 Brains & Banter: Cards 10:00 Halloween Decorating 11:00 In the Kitchen 12:00 Lunch 02:30 Musical Moments 03:30 Afternoon Movie	16 Vendor: Monika's Fashion 09:00 Horticulture Therapy 10:45 Music Therapy 02:30 Manicures 03:00 Express Yourself 03:00 Food Committee 04:00 Stepping out	17 09:30 Soothing Sensation 10:30 you and Me 12:00 Lunch 02:00 Circle of Friends: Pasta Social 04:00 Brains & Banter: Italian Trivia	18 09:30 Stepping Out 10:30 Express Yourself: Watercolors 12:00 Lunch 02:30 Neighborhood Time 03:30 Entertainment: Emilio 04:15 You and Me	19 09:30 Stepping Out 10:30 Adele Storyteller 11:00 It's Never Too Late 12:00 Lunch 02:30 Java Memory
20 09:30 Stepping Out 10:00 Fellowship Service 11:00 In the Kitchen 12:00 Lunch 02:30 Halloween Bingo 04:00 You and Me	21 01:45 Express Yourself: Halloween 02:00 Outing: Cloverdale Mall 02:00 For the Fun of Fit 03:00 Express Yourself 05:00 Dinner 06:30 Bingo	22 09:30 Neighborhood Time 10:00 Express Yourself: Halloween 02:30 Entertainment: Grace Notes Choir 03:30 Circle of Friends 04:00 Stepping out	23 09:00 Horticulture Therapy 10:45 Music Therapy 12:00 Lunch 02:30 Manicures 03:30 Hand Massage 04:00 Stepping Out	24 09:30 Express Yourself 10:30 Dancing w Parkinson 12:00 Lunch 02:00 Java Memory 03:00 Resident Council 04:00 You and Me	25 09:30 Neighborhood Time 10:00 Musical Moments 11:00 Celebration of Life 02:30 Brains & Banter 03:30 Stepping Out 04:00 You and Me	26 09:30 Neighborhood Time 10:00 Java Memory 11:00 Dominoes 02:30 Entertainment: Malta Band Club 04:00 Stepping Out
27 09:30 Neighborhood Time 10:00 Fellowship Service 11:00 In the Kitchen 01:30 Outing: Kensington Market 02:00 Bowling 03:30 Halloween Mask Making	28 12:00 Lunch 01:45 Stepping Out 02:30 Halloween Cart Decorating 04:00 You and Me 06:30 Brains & Banter: Hangman	29 09:30 Neighborhood Time 10:00 In the Kitchen: Spooky Cup-cakes 11:00 Bowling 02:30 Brains and Banters 03:30 For the Soul	30 Vendor: Holistic 10-3pm 09:00 You and Me 09:00 Horticulture Therapy 10:45-11:30 Music Therapy 12:00 Lunch 02:30 Brains and Banters	31 Halloween! 09:30 Halloween Quiz 10:00 Stepping Out 11:00 Halloween Parade 2:30 Halloween Concert with Johnny Scat 04:00 You and Me		