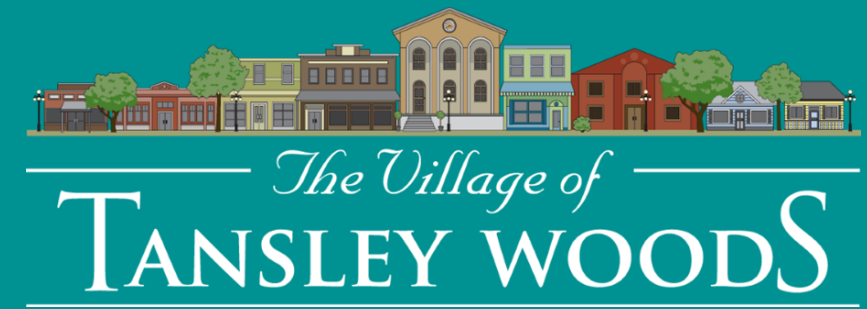




October 2024

APPLEBY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Legend CC– Community Center FC– Fitness Center TH– Town Hall L– Library MS– Main Street SC– Senior Center</p>		<p>1 International Day of Older Persons</p> <p>9:00 Neighborhood Time 11:00 Brains & Banter 1:00 Spiritual Visits 2:15 Concerts in Care 3:30 You & Me 6:00 Art Therapy</p>	<p>2 Rosh Hashanah</p> <p>9:00 Neighborhood Time 10:30 Musical Moments 11:00 Total Body Fitness 2:00 Soothing Sensations 3:30 Express Yourself 7:00 Stepping Out</p>	<p>3</p> <p>9:00 Neighborhood Times 11:00 Music Therapy 11:00 You & Me 2:30 Coffee w/ Cop-MS 3:30 Stepping Out 7:00 Musical Moments</p>	<p>4 Diner's Club/World Smile Day</p> <p>10:00 Art Therapy 11:15 Line Dancing-FC 1:00 Neighbourhood Time 2:00 Horticulture Therapy 2:00 For the Fun of Fit 3:00 Meditation 3:30 Stepping Out 6:00 Brains and Banter</p>	<p>5</p> <p>10:30 Teacher's Social-CC 1:00 Neighbourhood Times 2:00 Circle of Friends 3:30 Brent Meidiner Performs-TH 4:00 Stepping Out 6:00 Neighbourhood Time</p>
<p>6 Mental Illness Awareness Week</p> <p>9:00 Neighborhood Time 11:00 For the Fun of Fit 2:15 Church Service –TH 3:30 In the Kitchen-CK</p>	<p>7 Active Aging Week</p> <p>9:15 Fun & Fit 1:00 Neighborhood Time 2:00 Express Yourself 3:30 Brains & Banter 6:00 Circle of Friends</p>	<p>8</p> <p>9:00 Neighborhood Time 11:00 Brains & Banter 1:00 Spiritual Visits 2:15 Concerts in Care 3:30 You & Me 6:00 Art Therapy</p>	<p>9</p> <p>9:00 Neighborhood Time 10:30 Musical Moments 11:00 Total Body Fitness 2:00 Horticulture Therapy 2:00 Soothing Sensations 3:30 Circle of Friends 7:00 Stepping Out</p>	<p>10 World Mental Health Day</p> <p>9:00 Neighborhood Times 11:00 Music Therapy 2:00 Circle of Friends 3:00 Laughter Yoga-FC 7:00 Musical Moments</p>	<p>11 Yom Kippur</p> <p>10:00 Art Therapy 11:15 Line Dancing-FC 1:00 Neighbourhood Time 2:00 For the Fun of Fit 3:00 Meditation 3:30 Circle of Friends 6:00 Brains and Banter</p>	<p>12</p> <p>9:00 Neighborhood Time 10:30 Pumpkin Pie Social-CC 2:00 Stepping Out 2:00 Total Body Fitness 3:00 Ron Tansley Performs-TH 6:00 Neighbourhood Time</p>
<p>13</p> <p>8:15 Breakfast 9:00 Neighborhood Time 10:00 The Wizard of Oz Movie Matinee-L 2:15 Church Service –TH 3:30 Circle of Friends 6:00 Neighbourhood Time</p>	<p>14 Thanksgiving</p> <p>9:15 Fun & Fit 1:00 Neighborhood Time 2:00 In the Kitchen-CK 3:30 Musical Moments 6:00 Circle of Friends</p>	<p>15</p> <p>9:00 Neighborhood Time 11:00 Brains & Banter 1:00 Spiritual Visits 2:15 Concerts in Care 3:30 You & Me 6:00 Art Therapy</p>	<p>16 Sukkot</p> <p>9:00 Neighborhood Time 11:00 Total Body Fitness 2:00 Horticulture Therapy 3:30 Musical Moments 7:00 Stepping Out</p>	<p>17</p> <p>9:00 Neighborhood Times 11:00 Music Therapy 11:00 You & Me 2:30 Happy Hour-MS 3:30 Stepping Out 7:00 Musical Moments</p>	<p>18</p> <p>10:00 Art Therapy 11:15 Line Dancing-FC 1:00 Neighbourhood Time 2:00 For the Fun of Fit 3:00 Meditation 3:30 Stepping Out 6:00 Brains and Banter</p>	<p>19</p> <p>1:00 Neighbourhood Times 2:00 Brains & Banter 3:00 Gerry Larkin Performs-TH 4:00 Circle of Friends 6:00 Neighbourhood Time</p>
<p>20</p> <p>9:00 Neighborhood Time 11:00 For the Fun of Fit 2:15 Church Service –TH 3:30 In the Kitchen-CK</p>	<p>21</p> <p>9:15 Fun & Fit 10:00 Mother Goose-TH 1:00 Neighborhood Time 2:30 In the Kitchen-CC 3:30 Musical Moments 6:00 Circle of Friends</p>	<p>22</p> <p>9:00 Neighborhood Time 11:00 Brains & Banter 1:00 Spiritual Visits 2:15 Concerts in Care 3:30 You & Me 6:00 Art Therapy</p>	<p>23</p> <p>9:00 Neighborhood Time 10:30 Musical Moments 11:00 Total Body Fitness 2:00 Horticulture Therapy 7:00 Stepping Out</p>	<p>24</p> <p>9:00 Neighborhood Times 11:00 Music Therapy 11:00 You & Me 2:30 In the Kitchen-CK 3:00 Residents Council 7:00 Musical Moments</p>	<p>25</p> <p>10:00 Art Therapy 11:15 Line Dancing-FC 1:00 Neighbourhood Time 2:00 For the Fun of Fit 3:00 Meditation 3:30 Circle of Friends 6:00 Brains and Banter</p>	<p>26</p> <p>9:00 Neighborhood Time 10:30 Circle of Fiends-CC 2:00 Stepping Out 2:00 Total Body Fitness 3:00 Jay Franco Performs-TH 6:00 Neighbourhood Time</p>
<p>27</p> <p>8:15 Breakfast 9:00 Neighborhood Time 10:00 Hocus Pocus Movie Matinee-L 2:15 Church Service –TH 3:30 Circle of Friends-CK 6:00 Neighbourhood Time</p>	<p>28</p> <p>9:15 Fun & Fit 1:00 Neighborhood Time 2:00 Express Yourself 3:30 Musical Moments 6:00 Circle of Friends</p>	<p>29</p> <p>9:00 Neighborhood Time 10:30 Birthday Social-CC 1:00 Spiritual Visits 2:15 Concerts in Care 3:30 You & Me 6:00 Art Therapy</p>	<p>30</p> <p>9:00 Neighborhood Time 10:30 Musical Moments 11:00 Total Body Fitness 2:00 Horticulture Therapy 2:00 Soothing Sensations 3:00 In the Kitchen-CC 7:00 Stepping Out</p>	<p>31 Halloween</p> <p>9:00 Neighborhood Times 10:30 Halloween Parade– MS 11:00 Music Therapy 2:00 Halloween Movie-L 7:00 Musical Moments</p>	<p>Residents Bill Of Rights 23. Every Resident Has The Right To Pursue Social, Cultural, Religious, Spiritual Or Other Interests, To Develop His Or Her Potential And To Given Reasonable Assistance By The Licensee To Pursue These Interests And To Develop Their Potential</p>	