



# October 2024

## Weston Neighborhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1 Active Ageing Week starts</b> <b>09:45</b> Exercises <b>10:30</b> Social: Yoghurt Bowls <b>02:00</b> It's Never Too Late <b>02:30</b> <b>Oktoberfest Celebration: Polka Dancers - TS</b> <b>04:15</b> Circle of Friends	<b>2</b> <b>09:30</b> <b>Music Therapy</b> <b>10:30</b> Trivia <b>02:00</b> <b>Pumpkin picking at Downey's farm</b> <b>02:30</b> Recreation Meeting <b>04:15</b> You & Me	<b>3 Rosh Hashanah</b> <b>01:30</b> Express Yourself <b>02:30</b> Bingo <b>02:30</b> <b>Outing: James Garden Park</b> <b>04:15</b> Apple and honey social <b>06:15</b> You and Me	<b>4 World Smile Day</b> <b>09:45</b> In the Kitchen: Cookies <b>10:30</b> Cookie Decorating <b>02:00</b> It's never Too Late <b>02:30</b> For the Fun of Fit <b>04:15</b> Express yourself	<b>5</b> <b>10:00</b> Strength and Stretch <b>10:30</b> Brains and banter <b>02:00</b> Java Music Club <b>03:00</b> Circle of Friends <b>04:00</b> You and Me / Stepping out
<b>6</b> <b>09:30</b> Virtual Catholic Mass <b>10:00</b> Fellowship Service <b>10:30</b> Chair Yoga Session <b>02:00</b> In the kitchen: Apple Cider <b>03:30</b> Stepping out	<b>7</b> <b>09:45</b> Trivia <b>10:30</b> You & Me <b>02:00</b> Crosswords <b>02:30</b> Java Music <b>03:30</b> <b>You and Me</b>	<b>8 Vendor: 5th Avenue Jewellery</b> <b>01:30</b> In the Kitchen: Tarts <b>02:00</b> Express Yourself: Apple Stamping <b>04:15</b> Circle of Friends: Dominoes <b>06:30</b> <b>Dollar Bingo (on Wadsworth)</b>	<b>9</b> <b>09:45</b> <b>Music Therapy</b> <b>10:30</b> Trivia <b>02:00</b> Crosswords <b>02:30</b> Stepping Out <b>04:15</b> Brains and Banter <b>01:30</b> <b>Outing: Pumpkin Picking</b>	<b>10 World Mental Health Day</b> <b>09:45</b> Trivia <b>10:30</b> For the fun of fit <b>02:00</b> Stepping out <b>02:30</b> Social: Milkshakes <b>03:30</b> Circle of Friends	<b>11</b> <b>10:00</b> Horseshoe racing game <b>10:30</b> Brains and banter <b>11:00</b> In the Kitchen: Mini pizza <b>02:30</b> Circle of Friends <b>04:00</b> Stepping out / Conversations cards	<b>12 Yom Kippur</b> <b>09:45</b> Exercises <b>10:30</b> Express Yourself <b>02:00</b> Crosswords <b>02:30</b> <b>Challah Bread social</b> <b>04:15</b> You & Me
<b>13</b> <b>09:45</b> Virtual Catholic Mass <b>10:30</b> Hymn Sing <b>02:00</b> Crosswords <b>02:30</b> Social: Latte and chat! <b>04:15</b> For the Soul <b>02:30</b> <b>Pumpkin painting</b>	<b>14 Thanksgiving</b> <b>09:30</b> Brains and banter <b>10:00</b> You & Me <b>11:00</b> Express Yourself: Thankful Tree <b>2:30</b> <b>Thanksgiving Entertainment: Tristan</b> <b>04:00</b> Stepping out	<b>15</b> <b>10:00</b> <b>Horticulture Therapy</b> <b>10:45</b> In the Kitchen: Cake <b>02:00</b> It's Never Too Late <b>02:30</b> <b>Halloween Decorating</b> <b>03:30</b> Brains and Banter	<b>16 Vendor: Monika's Fashion</b> <b>09:45</b> <b>Music Therapy</b> <b>10:30</b> Trivia <b>02:00</b> Crosswords <b>02:30</b> Stepping Out <b>03:00</b> <b>Food Committee</b> <b>04:15</b> Brains and Banter	<b>17 Pasta Day</b> <b>01:30</b> Express Yourself <b>02:30</b> Bingo <b>02:00</b> <b>Pasta Bar Social</b> <b>03:00</b> <b>Entertainment: Joseph</b> <b>06:15</b> For the Fun of Fit	<b>18</b> <b>09:45</b> In the Kitchen: Cookies <b>10:30</b> Cookie Decorating <b>02:00</b> It's never Too Late <b>02:30</b> For the Fun of Fit <b>04:15</b> Express yourself	<b>19</b> <b>10:00</b> Strength and Stretch <b>10:30</b> For the fun of fit <b>11:00</b> It's Never Too Late <b>02:00</b> In the kitchen: Mixed berry pie <b>03:30</b> Circle of Friends
<b>20</b> <b>09:30</b> Virtual Catholic Mass <b>10:00</b> Fellowship Service <b>10:30</b> Chair Yoga Session <b>02:30</b> Pumpkin spice latte and board games social <b>03:30</b> Bocce ball	<b>21</b> <b>09:45</b> Trivia <b>10:30</b> Exercises <b>02:00</b> <b>Outing: Cloverdale Mall</b> <b>02:30</b> Social: Tea <b>04:15</b> Stepping Out	<b>22</b> <b>10:00</b> <b>Horticulture Therapy</b> <b>10:45</b> In the Kitchen: Cake <b>02:00</b> It's Never Too Late <b>02:30</b> For the Fun of Fit <b>03:30</b> Brains and Banter	<b>23</b> <b>09:45</b> <b>Music Therapy</b> <b>10:30</b> Soothing Sensations <b>02:00</b> Crosswords <b>02:30</b> Stepping Out <b>04:15</b> Brains and Banter	<b>24</b> <b>01:30</b> Express Yourself <b>02:30</b> Bingo <b>03:00</b> <b>Resident Council</b> <b>04:15</b> Apple and honey social <b>06:15</b> You and Me	<b>25</b> <b>10:00</b> Horseshoe racing game <b>10:30</b> Brains and banter <b>11:00</b> <b>Celebration of Life</b> <b>02:30</b> Circle of Friends <b>03:30</b> It's Never Too Late <b>04:00</b> Stepping out	<b>26</b> <b>09:45</b> <b>09:45</b> Exercises <b>10:30</b> Express Yourself <b>02:00</b> Crosswords <b>02:30</b> <b>Maltese Band Concert</b> <b>04:15</b> You & Me
<b>27</b> <b>09:45</b> Virtual Catholic Mass <b>10:30</b> For the Fun of Fit <b>01:30</b> <b>Outing: Kensington market</b> <b>02:30</b> Halloween trivia <b>04:15</b> Stepping out	<b>28</b> <b>10:00</b> You & Me <b>10:30</b> Brains & Banter <b>11:00</b> <b>It's Never Too Late</b> <b>02:30</b> Socials: Halloween Milkshake <b>03:30</b> Bocce ball <b>04:00</b> You and Me	<b>29</b> <b>10:00</b> <b>Horticulture Therapy</b> <b>10:45</b> In the Kitchen: Cake <b>02:00</b> It's Never Too Late <b>02:30</b> Halloween crafts <b>03:30</b> Brains and Banter <b>05:00</b> <b>Diner's Club outing</b>	<b>30</b> <b>09:45</b> <b>Music Therapy</b> <b>10:30</b> Trivia <b>02:00</b> Crosswords <b>02:30</b> Stepping Out <b>04:15</b> Brains and Banter	<b>31 Halloween!</b> <b>10:00</b> Halloween Quiz <b>11:00</b> <b>Halloween Parade</b> <b>2:30</b> <b>Halloween Concert with Johnny Scat</b> <b>04:15</b> Stepping out		