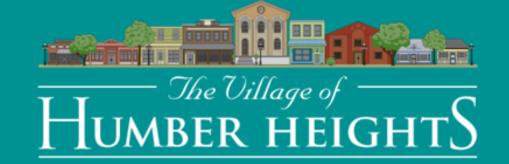


October 2024

Weston Neighborhood



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