

OCTOBER

Downey

Legend

Do - Downey

Ha - Hagey

Jo - Johnston

Ma - Matthews

Po - Pollock

Wr - Wright

C - Chapel

CC - Community Centre

CY - Courtyard

FC - Fitness Centre

L - Library

MS - Main Street

RH - Retirement

TH - Town Hall



Announcement:

Save the Date....

Christmas Market November 16th

10am-3pm

More Details to Follow

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:45 Art with Sonal 1:00 Calendar Hang Up 2:00 Bingo (MS) 3:30 You & Me 6:30 In the Kitchen (CC)	2 2:30 Oktoberfest Party (RH) 3:30 Stepping Out 6:30 Movie & Popcorn (C)	3 10:30 Baby Jamboree 2:00 Express Yourself: Thanksgiving Craft 6:30 Active Games	4 10:30 Sit 'N Get Fit 2:00 Bingo on Downey 6:30 Crafting Club	5 9:30 Daily Perk 10:30 Travel the World 2:00 Entertainment (Po)
6 9:30 For the Soul 10:30 Neighbourhood Time 2:00 Stepping Out	7 9:30 You & Me 10:30 Manicures & Nail Care 2:00 Java Music Club 3:30 Green Thumbs 6:30 Game Show Trivia (CC)	8 10:45 Art with Sonal 2:00 Bingo (MS) 3:30 Calendar Planning & Bill of Rights Meeting 6:30 Devotions (C)	9 2:30 Apple Cider Social 4:00 Stepping Out 6:30 Games Night (CC)	10 10:30 Baby Jamboree 2:30 Card Bingo 6:30 Active Games	11 9:30 Daily Perk 10:30 Sit 'N Get Fit 2:00 Bingo on Pollock 6:30 Crafting Club	12 9:30 Daily Perk 10:00 Circle of Friends 2:00 Entertainment (Wr)
13 9:30 You & Me 10:00 Neighbourhood Time 2:00 For the Fun of Fit	14 Thanksgiving 9:30 Daily Perk 10:30 Manicures & Nail Care 2:00 In the Kitchen 6:30 Game Show Trivia (CC)	15 10:00 Games with UW Volleyball Team 10:45 Art with Sonal 2:00 Bingo (MS) 3:30 Brains & Banter 6:30 In the Kitchen (CC)	16 3:00 For the Fun of Fit 4:00 Halloween Decorating 6:30 Games Night (CC)	17 10:30 Baby Jamboree 2:00 Polka Time with Henry & Melissa (MS) 6:30 Active Games	18 10:30 Sit 'N Get Fit 2:00 Bingo on Downey 6:30 Crafting Club	19 9:30 You & Me 10:30 Music on Demand 2:00 Entertainment (Do)
20 9:30 For the Soul 10:30 Circle of Friends 2:00 Ladder Ball	21 9:30 Manicures & Nail Care 10:30 Village Updates (C) 2:00 Card Bingo 3:30 Green Thumbs 6:30 Game Show Trivia (CC)	22 10:45 Art with Sonal 2:00 Bingo (MS) 3:30 You & Me 6:30 Devotions (C)	23 2:00 Food Committee (C) 3:00 Movie & Popcorn 6:30 Games Night (CC)	24 10:30 Baby Jamboree 2:00 Resident's Council (C) 2:00 Bus Outing *Sign Up Required 6:30 Active Games	25 9:30 Daily Perk 10:30 Sit 'N Get Fit 2:00 Bingo on Pollock 6:30 Crafting Club	26 9:30 Stepping Out 10:30 Community Trick or Treat 2:00 Card Afternoon (MS)
27 9:30 For the Soul 10:30 Neighbourhood Time 2:00 Travelling Cart	28 9:30 Daily Perk 10:30 Manicures & Nail Care 2:00 Outdoor Walks 3:30 Green Thumbs 6:30 Game Show Trivia (CC)	29 10:45 Art with Sonal 2:00 Bingo (MS) 3:30 Soothing Sensations 6:30 In the Kitchen (CC)	30 2:00 For the Fun of Fit 3:30 Neighbourhood Time 6:30 Games Night (CC)	31 Halloween 10:30 Baby Jamboree 2:00 Halloween Dance (RH TH) 6:30 Active Games		

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Entertainment

October 5th - Dynamic Duo (Pollock)
October 12th - Sheryl Walsh (Wright)
October 19th - Manvir (Downey)
October 31st - R & S Country (Main Street)

Fitness Centre Programs

3:30 Total Body Fitness
Monday 7th, 21st, & 28th

3:15 Tai Chi
Tuesdays

3:30 Balance Class
Wednesdays

3:30 Active Games
Fridays

Spiritual Care Programs

Tuesdays - 9:30 Rosary
Thursdays - 9:30 Chapel Service

Greenhouse Drop-In 12:30pm

Monday 7th, 21st, & 28th
Thursday 3rd, 10th, 17th & 31st

Outings

October 24th - Bus Outing: Dollar Store

Please speak to your Recreation Team Member if you are interested in joining an outing.

Calendar Planning and Resident Bill of Rights

We invite you to attend this meeting on your neighbourhood. Learn about your Bill of Rights. Have your input as we plan next month's activities, programs, and outings!

Hosted by your Recreation Team Member.

Your Recreation Team:

Tessa - Full-Time

Danica - Part-Time

