

OCTOBER

Hagey

Legend

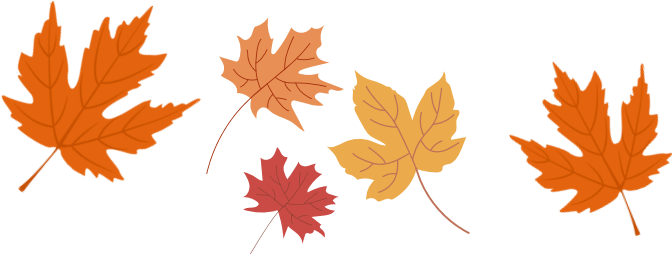

Do - Downey
Ha - Hagey
Jo - Johnston
Ma - Matthews
Po - Pollock

Wr - Wright
C - Chapel
CC - Community Centre
CY - Courtyard
FC - Fitness Centre

L - Library
MS - Main Street
RH - Retirement

Announcement:

Save the Date...
Christmas Market November 16th
10am-3pm
More Details to Follow

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 Music with Melissa 2:00 Bingo (MS) 2:45 Art with Sonal 6:30 In the Kitchen (CC)	2 10:00 Express Yourself 11:00 You and Me 2:30 Oktoberfest Party (RH) 4:00 Circle of Friends 6:30 Movie & Popcorn (C)	3 10:00 Brains and Banter 11:00 Circle of Friends 2:00 Sit 'N Get Fit 2:00 In The Kitchen 3:30 Stepping Out 6:30 Active Games	4 2:00 Drum Fit 3:30 Express Yourself 4:00 Musical Moments 6:30 Crafting Club	5 10:00 Stepping Out 11:00 Brains and Banter 2:00 Entertainment (Po)
6 10:00 For the Soul 11:00 You and Me 2:00 In the Kitchen 3:30 Circle of Friends	7 10:00 Express Yourself 2:00 Green Thumbs 2:00 Resident Bill of Rights and Calendar Planning 3:30 Circle of Friends 6:30 Game Show Trivia (CC)	8 10:00 Music with Melissa 2:00 Bingo (MS) 2:45 Art with Sonal 6:30 Devotions (C)	9 10:00 Express Yourself 11:00 You and Me 2:00 Active Games 3:30 Karaoke 6:30 Games Night (CC)	10 2:00 Sit 'N Get Fit 2:00 In The Kitchen 3:30 Musical Moments 6:30 Active Games	11 1:30 Brains and Banter 3:30 Stepping Out 6:30 Crafting Club	12 10:00 Short Stories 11:00 Express Yourself 2:00 Entertainment (Wr) 3:30 Circle of Friends
13 10:00 For The Soul 11:00 Brains and Banter 2:00 In The Kitchen 3:30 Circle of Friends	14 Thanksgiving 10:00 Turkey Craft 2:00 Turkey Bowling 6:30 Game Show Trivia (CC)	15 9:00 Morning Games (MS) 10:00 Music with Melissa 2:00 Bingo (MS) 2:45 Art with Sonal 6:30 In the Kitchen (CC)	16 10:00 Express Yourself 11:00 You and Me 2:00 In The Kitchen 3:30 Karaoke 6:30 Games Night (CC)	17 10:00 Brains and Banter 2:00 Sit 'N Get Fit 2:00 Polka Time with Henry and Melissa (MS) 3:30 Stepping Out 6:30 Active Games	18 2:00 Outing 3:30 Express Yourself 4:00 Musical Moments 6:30 Crafting Club	19 10:00 Daily Perk 11:00 Circle of Friends 2:00 Entertainment (Do)
20 10:00 For the Soul 11:00 Express Yourself 2:00 In the Kitchen	21 10:30 Village Updates (C) 2:00 Green Thumbs 3:00 Potluck 6:30 Game Show Trivia (CC)	22 10:00 Music with Melissa 2:00 Bingo (MS) 2:45 Art with Sonal 6:30 Devotions (C)	23 10:00 Express Yourself 11:00 You and Me 2:00 Food Committee (C) 2:00 Active Games 3:30 Karaoke 6:30 Games Night (CC)	24 2:00 Resident's Council (C) 2:00 Sit 'N Get Fit 2:00 In The Kitchen 3:30 Musical Moments 6:30 Active Games	25 1:00 Stepping Out 2:00 Short Stories 3:30 For the Fun of Fit 6:30 Crafting Club	26 10:00 Short Stotries 10:30 Community Trick or Treat 11:00 Express Yourself 2:00 Card Afternoon (MS) 3:30 Circle of Friends
27 10:00 For The Soul 11:00 Brains and Banter 2:00 In The Kitchen 3:30 Circle of Friends	28 1:00 Active Games 2:00 Green Thumbs 3:30 Express Yourself 6:30 Game Show Trivia (CC)	29 9:30 Outing 10:00 Music with Melissa 2:00 Bingo (MS) 2:45 Art with Sonal 6:30 In the Kitchen (CC)	30 10:00 Express Yourself 11:00 You and Me 2:00 In The Kitchen 3:30 Karaoke 6:30 Games Night (CC)	31 Halloween 10:00 Brains and Banter 2:00 Halloween Party (MS) 2:00 Sit 'N Get Fit 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

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

October 17th at 2pm - Country Drive
October 29th at 9:30am - Bread and Bretzel

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:

Danny - Full-Time
Nur - Part-Time

