

OCTOBER

Matthews

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

P - Patio

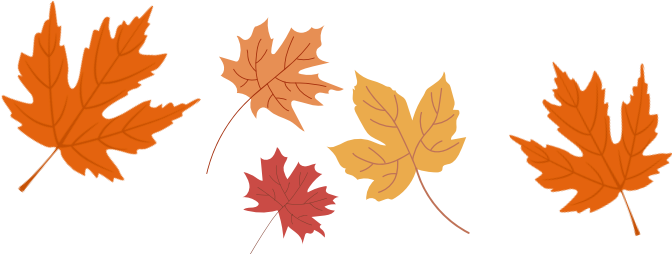

Announcement:

Save the Date...

Christmas Market November 16th

10am-3pm

More Details to Follow

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Tim Hortons Day 11:00 Soothing Sensations 2:00 Bingo (MS) 6:30 In the Kitchen (CC)	2 9:00 Musical Moments (P) 10:00 Contemplating Life with Mike 10:45 Art with Sonal 2:30 Oktoberfest Party (RH) 6:30 Movie & Popcorn (C)	3 10:30 Sit 'N Get Fit 2:00 Brains and Banter 3:30 Green Thumbs 6:30 Active Games	4 10:00 Bingo (Ma) 2:00 Brains and Banter 6:30 Crafting Club	5 9:00 Daily Perk 10:00 Stepping Out 2:00 Entertainment (Po)
6 9:00 Daily Perk 10:00 For the Soul 11:00 Short Stories 2:00 For the Fun of Fit	7 2:00 Manicures 3:00 Stepping Out 6:30 Game Show Trivia (CC)	8 11:00 Soothing Sensations 2:00 Bingo (MS) 6:30 Devotions (C)	9 9:00 Musical Moments (P) 10:45 Art with Sonal 6:30 Games Night (CC)	10 10:30 Sit 'N Get Fit 3:30 Green Thumbs 6:30 Active Games	11 10:00 Bingo (Wr) 2:00 Brains and Banter 6:30 Crafting Club	12 9:00 Daily Perk 10:00 You and Me 2:00 Entertainment (Wr)
13 9:00 Daily Perk 10:00 For the Soul 11:00 Short Stories 2:00 For the Fun of Fit	14 Thanksgiving 2:00 Manicures 3:00 Stepping Out 6:30 Game Show Trivia (CC)	15 10:00 Morning Games (MS) 2:00 Bingo (MS) 6:30 In the Kitchen (CC)	16 9:00 Musical Moments (P) 10:00 Contemplating Life with Mike 10:45 Art with Sonal 2:00 Calendar Planning & BoR 6:30 Games Night (CC)	17 10:30 Sit 'N Get Fit 2:00 Polka Time with Henry & Melissa 3:30 Green Thumbs 6:30 Active Games	18 10:00 Bingo (Ma) 2:00 Brains and Banter 6:30 Crafting Club	19 9:00 Daily Perk 10:00 Stepping Out 2:00 Entertainment (Do)
20 9:00 Daily Perk 10:00 For the Soul 11:00 Short Stories 2:00 For the Fun of Fit	21 10:30 Village Updates (C) 2:00 Manicures 3:00 Stepping Out 6:30 Game Show Trivia (CC)	22 11:00 Soothing Sensations 2:00 Bingo (MS) 6:30 Devotions (C)	23 9:00 Musical Moments (P) 10:45 Art with Sonal 2:00 Food Committee (C) 6:30 Games Night (CC)	24 10:30 Sit 'N Get Fit 2:00 Resident's Council (C) 6:30 Active Games	25 10:00 Bingo (Wr) 2:00 Brains and Banter 6:30 Crafting Club	26 9:00 Daily Perk 10:00 You and Me 2:00 Card Afternoon (MS)
27 9:00 Daily Perk 10:00 For the Soul 11:00 Short Stories 2:00 For the Fun of Fit	28 2:00 Manicures 3:00 Stepping Out 6:30 Game Show Trivia (CC)	29 11:00 Soothing Sensations 2:00 Bingo (MS) 6:30 In the Kitchen (CC)	30 9:00 Musical Moments (P) 10:45 Art with Sonal 6:30 Games Night (CC)	31 Halloween 10:30 Sit 'N Get Fit 2:00 Halloween Party (MS) 3:30 Green Thumbs 6:30 Active Games		

OCTOBER

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.

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:

Full-Time - Sydney
Part-Time - Abhay

