

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30am Neighbourhood Time 10:30am For the Soul with Janet 11:00am Stay Strong - FC 11:00am Circle of Friends 2:00pm For the Fun of Fit 3:30pm Stepping Out	2 1:30pm Soothing Sensations 2:00pm Tai Chi with Dan - FC 2:15pm Games with Janet -TH 6:00pm Neighbourhood Time	3 9:30am Neighbourhood Time 11:00am Fit to Function with Dan - FC 11:00am Musical Moments 2:00pm Java Music Club with Janet 2:30pm Smile Cookie Workshop-CK 3:00pm You and I	4 8:30am Men's Breakfast - CC 11:00am Stay Strong - FC 1:30pm Gather Group with Jody - Lib 1:30pm You and I 2:15pm Music Therapy with Jen 3:00pm Express Yourself 6:00pm Neighbourhood Time	5 2:00pm Pub with Carla Gonzalez - MS 2:00pm You and I 3:30pm Brains and Banter 6:00pm Neighbourhood Time
6 Mental Health Awareness Week 1:30pm Stepping Out 2:30pm Church Service with Janet - CH 3:15pm Fellowship - CC 6:00pm Neighbourhood Time	7 10:30am Intergenerational Jamboree Music Therapy - TH 2:00pm Pet visits 2:00pm Bingo - CC 3:30pm Brains and Banter 6:00pm Neighbourhood Time	8 9:30am Neighbourhood Time 10:30am For the Soul with Janet 11:00am Stay Strong - FC 11:00am Circle of Friends 2:00pm Jean's Floral Arranging Workshop-CC 2:00pm For the Fun of Fit 3:30pm Stepping Out	9 1:30pm Soothing Sensations 2:00pm Tai Chi with Dan - FC 2:30pm Movie with Janet: "Now Voyager" -TH 3:00pm Christmas Bazaar Crafts & Preserves - CC 6:00pm Neighbourhood Time	10 8:00am Outing to Broadway Diner 9:30am Neighbourhood Time 11:00am Fit to Function with Dan - FC 11:00am Musical Moments 2:00pm Java Music Club with Janet 3:00pm You and I 3:15pm Resident's Council-CC 7:15pm Harlequin Singers of Hamilton-TS	11 11:00am Stay Strong - FC 1:30pm Gather Group with Jody - Lib 1:30pm You and I 3:00pm Express Yourself 6:00pm Neighbourhood Time	12 10:30am Swoop Skydiving Presentation-TH 2:00pm Entertainment with Florin Clonta in Stonechurch 2:00pm You and I 3:30pm Brains and Banter 6:00pm Neighbourhood Time
13 10:00am Church Service with Ankit - CH 1:30pm Stepping Out 2:30pm Church Service with Janet - CH 3:00pm Specialty Coffee and Cookies 3:15pm Fellowship - CC 5:00pm Thanksgiving Dinner 6:00pm Neighbourhood Time	14 Happy Thanksgiving! 2:00pm Travelling Apple Pie Ice Cream Cart 2:00pm Pet visits 3:30pm Brains and Banter 6:00pm Neighbourhood Time	15 9:30am Neighbourhood Time 10:30am For the Soul with Janet 11:00am Stay Strong - FC 11:00am Circle of Friends 2:00pm For the Fun of Fit 3:30pm Stepping Out	16 10:30am Roman Catholic Mass - CH 1:30pm Soothing Sensations 2-4pm Harvest Happenings with Triple C Farms! 6:00pm Neighbourhood Time	17 9:30am Neighbourhood Time 11:00am Fit to Function with Dan - FC 11:00am Musical Moments 2:00pm In The Kitchen 2:00pm Java Music Club with Janet 3:00pm You and I	18 National Chocolate Cupcake Day! 11:00am Stay Strong - FC 1:30pm Gather Group with Jody - Lib 1:30pm You and I 2:00pm Outing to Dollarama 2:15pm Music Therapy with Jen 3:00pm Express Yourself 6:00pm Neighbourhood Time	19 2:00pm Entertainment with Paula French in Carrington 2:00pm You and I 3:30pm Brains and Banter 6:00pm Neighbourhood Time
20 10:00am Church Service with Ankit - CH 1:30pm Stepping Out 2:30pm Church Service - CH 3:00pm Apple Cider Social 3:15pm Fellowship - CC 6:00pm Neighbourhood Time	21 National Apple Day 10:30am Intergenerational Jamboree Music Therapy - TH 2:00pm Pet visits 2:00pm Bingo - CC 2:30pm Guess The Flavour: Apple Edition 3:30pm Brains and Banter 6:00pm Neighbourhood Time	22 9:30am Neighbourhood Time 10:00am Country Drive 10:30am For the Soul with Janet 11:00am Stay Strong - FC 11:00am Circle of Friends 2:00pm For the Fun of Fit 3:30pm Stepping Out	23 10:00am Entertainment with Joyful Brass (Salvation Army Band) - TH 1:30pm Soothing Sensations 2:00pm Tai Chi with Dan - FC 3:00pm Christmas Bazaar Crafts & Preserves - CC 6:00pm Neighbourhood Time	24 9:30am Neighbourhood Time 11:00am Fit to Function with Dan - FC 11:00am Musical Moments 2:00pm In The Kitchen 2:00pm Java Music Club with Janet 3:00pm You and I 5:00pm KFC Diners Club-MS	25 World Pasta Day! 11:00am Stay Strong - FC 1:30pm Gather Group with Jody - Lib 1:30pm You and I 2:00pm Birthday Bash - CC 3:00pm Express Yourself 6:00pm Neighbourhood Time	26 10:00am Halloween Howl 2:00pm You and I 3:30pm Brains and Banter 6:00pm Neighbourhood Time
27 10:00am Church Service with Ankit - CH 1:30pm Stepping Out 2:30pm Church Service with Janet - CH 3:00pm Specialty Coffee and Cookies 3:15pm Fellowship - CC 6:00pm Neighbourhood Time	28 10:30am Intergenerational Jamboree Music Therapy - TH 2:00pm Pet visits 2:00pm Bingo - CC 2:30pm Mindful Minutes with Nicole-TH 3:30pm Brains and Banter 6:00pm Neighbourhood Time	29 9:30am Neighbourhood Time 10:30am For the Soul with Janet 11:00am Stay Strong - FC 11:00am Circle of Friends 2:30pm Ontario Guitar Performance-TH 3:30pm Stepping Out	30 11:00am Celebration of Life-TH 1:30pm Soothing Sensations 2:00pm Tai Chi with Dan - FC 2:30 Armchair Travel-TH 3:00pm Christmas Bazaar Crafts & Preserves - CC 6:00pm Neighbourhood Time	31 9:30am Neighbourhood Time 11:00am Fit to Function with Dan - FC 11:00am Musical Moments 2:00pm In The Kitchen 2:00pm Java Music Club with Janet 3:00pm You and I 6:15pm Bingo in the CC		

CC - Community Centre

CH - Chapel

Lib - Library

MS - Main Street

