

OCTOBER

Pollock

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 Tim Hortons Day 10:00 Stepping Out 10:30 Sit 'N Get Fit 2:00 Bingo (MS) 6:30 In the Kitchen (CC)	2 9:30 For the Fun of Fit 10:00 Contemplating Life with Mike 1:15 Art with Sonal 2:30 Oktoberfest Party (RH) 6:30 Movie & Popcorn (C)	3 11:00 Brains & Banter 2:00 Green Thumbs 2:30 You and Me 6:30 Active Games	4 2:00 Bingo on Downey 6:30 Crafting Club	5 9:30 Weekend Perks 10:30 Stepping Out 2:00 Entertainment (Po)
6 10:00 For the Soul 11:00 You and Me 1:30 In the Kitchen: Cookies	7 2:30 Movie and Popcorn 3:30 Hello Pollock 6:30 Game Show Trivia (CC)	8 10:30 Sit 'N Get Fit 2:00 Bingo (MS) 6:30 Devotions (C)	9 9:00 Daily Perk 10:00 Hello Pollock 1:15 Art with Sonal 2:00 Express Yourself 6:30 Games Night (CC)	10 11:00 Brains & Banter 2:00 Green Thumbs 2:30 Stepping Out 6:30 Active Games	11 10:00 Travelling General Store 2:00 Bingo on Pollock 6:30 Crafting Club	12 9:30 Word Games 11:00 Manicures 2:00 Entertainment (Wr)
13 11:00 Express Yourself 1:30 In the Kitchen: Butter Tart 5:15 Diner's Club	14 Thanksgiving 10:00 Pumpkin Bowling 2:30 Calendar Planning & Resident Bill of Rights 3:30 Manicures 6:30 Game Show Trivia (CC)	15 10:00 Morning Games (MS) 10:30 Sit 'N Get Fit 2:00 Bingo (MS) 6:30 In the Kitchen (CC)	16 9:30 For the Fun of Fit 10:00 Contemplating Life with Mike 1:15 Art with Sonal 2:00 Stepping Out 6:30 Games Night (CC)	17 11:00 Brains & Banter 2:00 Green Thumbs 2:00 Polka Time with Henry & Melissa (MS) 6:30 Active Games	18 2:00 Bingo on Downey 6:30 Crafting Club	19 9:30 Weekend Perks 10:30 Stepping Out 2:00 Entertainment (Do)
20 10:00 For the Soul 11:00 You and Me 1:30 In the Kitchen: Cookies	21 10:30 Village Updates (C) 2:30 Board/Card Games 3:30 Hello Pollock 6:30 Game Show Trivia (CC)	22 10:30 Sit 'N Get Fit 2:00 Bingo (MS) 6:30 Devotions (C)	23 9:00 Daily Perk 1:15 Art with Sonal 2:00 Food Committee (C) 2:00 Stepping Out 6:30 Games Night (CC)	24 11:00 Brains & Banter 2:00 Resident's Council (C) 2:30 You and Me 6:30 Active Games	25 9:00 Bus Outing 2:00 Bingo on Pollock 6:30 Crafting Club	26 10:30 Community Trick or Treat 1:30 In the Kitchen: Cookies
27 11:00 You and Me 2:00 Manicures 5:15 Diner's Club	28 9:30 In the Kitchen 2:30 Neighbourhood Time 3:30 Manicures 6:30 Game Show Trivia (CC)	29 10:00 Stepping Out 10:30 Sit 'N Get Fit 2:00 Bingo (MS) 6:30 In the Kitchen (CC)	30 9:30 For the Fun of Fit 1:15 Art with Sonal 2:00 Express Yourself 6:30 Games Night (CC)	31 Halloween 11:00 Brains & Banter 2:00 Halloween Party (MS) 2:00 Green Thumbs 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

Friday October 25th - Bus Outing to Giant Tiger
(9am-12pm)

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 - Summit
Part-Time - Julia

