

# OCTOBER

Wright

## 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

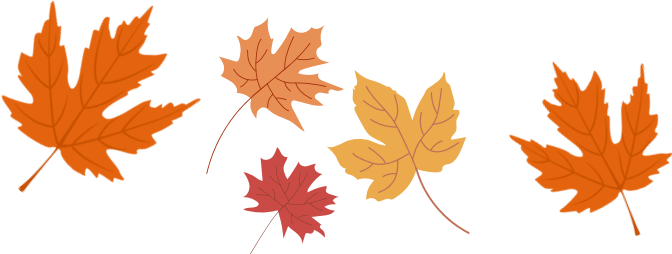

## Announcement:

Save the Date....

Christmas Market November 16th

10am-3pm

More Details to Follow

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1 Tim Hortons Day</b> 9:15 Art with Sonal 2:00 Bingo (MS) 6:30 In the Kitchen (CC)	<b>2</b> 9:30 You and Me 10:30 Sit 'N Get Fit 2:30 Oktoberfest Party (RH) 6:30 Movie & Popcorn (C)	<b>3</b> 11:00 Musical Moments 2:00 Manicures 3:00 Stepping Out 6:30 Active Games	<b>4</b> 10:00 Bingo 2:00 Express Yourself 6:30 Crafting Club	<b>5</b> 10:00 Neighbourhood time 11:00 For the fun of Fit 2:00 Entertainment (Po) 3:30 Stepping Out
<b>6</b> 10:00 For the Soul 11:00 Art & Craft 2:00 In the Kitchen 3:00 You and Me	<b>7</b> 10:00 Green Thumbs 11:00 Card Bingo 2:30 Drum Fit 6:30 Game Show Trivia (CC)	<b>8</b> 9:15 Art with Sonal 2:00 Bingo (MS) 6:30 Devotions (C)	<b>9</b> 10:00 Circle Of friends 10:30 Sit 'N Get Fit 2:00 In the Kitchen 6:30 Games Night (CC)	<b>10</b> 11:00 Musical Moments 2:00 Swan Racing 3:00 You and Me 6:30 Active Games	<b>11</b> 10:00 Bingo 2:00 Residents Bill of Rights and calendar Meeting 3:30 Movie/ Travelogue 6:30 Crafting Club	<b>12</b> 10:00 Neighbourhood Time 2:00 Entertainment (Wr) 3:30 You and Me
<b>13</b> 10:00 For the Soul 2:00 In the Kitchen 3:00 You and Me	<b>14 Thanksgiving</b> 10:00 Brain and Banter 2:30 Soothing Sensations 3:30 Art and Craft 6:30 Game Show Trivia (CC)	<b>15</b> 9:15 Art with Sonal 2:00 Bingo (MS) 6:30 In the Kitchen (CC)	<b>16</b> 10:00 Circle of Friends 10:30 Sit 'N Get Fit 2:00 Travelogue 6:30 Games Night (CC)	<b>17</b> 11:00 Music Moment 2:00 Outing Bus 2:00 Polka Time with Melissa & Henry 6:30 Active Games	<b>18</b> 10:00 Bingo 2:00 Curling 6:30 Crafting Club	<b>19</b> 10:00 Neighbourhood Time 11:00 For the Fun of Fit 2:00 Entertainment (Do) 3:30 You and Me
<b>20</b> 10:00 For the Soul 11:00 Brain and Banter 2:00 In the Kitchen 3:00 You and Me	<b>21</b> 10:00 Green Thumbs 10:30 Village Updates (C) 11:00 Card Bingo 2:30 Express Yourself 6:30 Game Show Trivia (CC)	<b>22</b> 9:15 Art with Sonal 2:00 Bingo (MS) 6:30 Devotions (C)	<b>23</b> 10:30 Sit 'N Get Fit 11:00 Express Yourself 2:00 Food Committee (C) 3:00 Soothing Sensations 6:30 Games Night (CC)	<b>24</b> 11:00 Musical Moment 2:00 Resident's Council (C) 2:00 Outing Van 6:30 Active Games	<b>25</b> 10:00 Bingo 2:00 Movie & Popcorn 3:30 Brains and Banter 6:30 Crafting Club	<b>26</b> 10:00 Neighbourhood Time 10:30 Community Trick or Treat 2:00 Card Afternoon (MS) 3:30 You and Me
<b>27</b> 10:00 For the Soul 2:00 In the Kitchen 3:00 You and Me	<b>28</b> 10:00 Green Thumbs 2:00 Circle of Friends 3:30 Musical Moments 6:30 Game Show Trivia (CC)	<b>29</b> 9:15 Art with Sonal 2:00 Bingo (MS) 6:30 In the Kitchen (CC)	<b>30</b> 10:30 Sit 'N Get Fit 6:30 Games Night (CC)	<b>31 Halloween</b> 2:00 Halloween Party (MS) 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

**Thursday October 17th** at 2:00pm

Van to Farms Market

**Thursday October 24th** at 2:00pm

Bus to Dollarama

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:

Tiffany - Full-Time

Harman - Part-Time

