



OCTOBER

APPLEBY

Legend
L- Library
TH—Town Hall
MS- Main Street
CC- Community Center
FC- Fitness Center

Residents Bill Of Rights
23. Every Resident Has The Right To Pursue Social, Cultural, Religious, Spiritual Or Other Interests, To Develop His Or Her Potential And To Given Reasonable Assistance By The Licensee To Pursue These Interests And To Develop Their Potential

Note/Announcement:
Programs subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 Neighborhood Time 10:30 Coffee Day Social-MS 11:00 Total Body Fitness 1:30 Horticulture Therapy 2:00 Soothing Sensations 3:30 You & Me	2 Yom Kippur 9:00 Neighborhood Time 11:00 Music Therapy 11:00 You & Me 2:00 Brains & Banter 3:30 Stepping Out	3 World Smile Day 10:00 Art Therapy 1:00 Neighborhood Time 2:00 You & Me 3:00 Laughter Yoga-TH 6:00 Musical Moments	4 1:00 Neighborhood Time 1:00-3:00 Car Show 3:30 Brent. M Performs-TH 6:00 Musical Moments
5 1:00 Neighborhood Time 2:15 Church Service –TH 3:30 For the Fun of Fit 6:00 Musical Moments	6 Sukkot 9:15 Fun & Fit 1:00 Neighborhood Time 2:00 Express Yourself 3:30 Musical Moments 6:00 Circle of Friends	7 9:00 Neighborhood Time 11:00 Brains & Banter 2:00 For the Soul 3:30 For the Fun of Fit	8 9:00 Neighborhood Time 10:30 Musical Moments 11:00 Total Body Fitness 1:30 Horticulture Therapy 3:30 You & Me	9 9:00 Neighborhood Time 11:00 Music Therapy 2:00 Brains & Banter 3:30 Stepping Out	10 World Mental Health Day 10:00 Art Therapy 1:00 Neighborhood Time 1:30 Little Hobby Hill Farm-CC 3:30 Brains & Banter 6:00 Musical Moments	11 World Hospice & Palliative Care Day 9:00 Neighborhood Time 11:00 In the Kitchen-CC 2:00 Total Body Fitness 3:00 Geri Defoe Performs-TH
12 9:00 Neighborhood Time 11:00 Brains & Banter 2:15 Church Service –TH 3:30 Circle of Friends	13 Thanksgiving 9:15 Fun & Fit 1:00 Neighborhood Time 2:00 Express Yourself 3:30 Musical Moments 6:00 Circle of Friends	14 9:00 Neighborhood Time 11:00 Brains & Banter 1:00 Spiritual Care 2:00 Circle of Friends 3:30 For the Fun of Fit	15 9:00 Neighborhood Time 10:30 Musical Moments 11:00 Total Body Fitness 1:30 Horticulture Therapy 2:00 Brains and Banter 3:30 You & Me	16 9:00 Neighborhood Time 11:00 Music Therapy 11:00 You & Me 1:00 Spiritual Care 2:30 Bingo-TH 3:30 Stepping Out	17 10:00 Art Therapy 12:00 Diners Club-MS 1:00 Neighborhood Time 2:00 In the Kitchen 3:30 Brains & Banter 6:00 Musical Moments	18 1:00 Neighborhood Time 2:00 Circle of Friends 3:00 Escapades Performs-TH 6:00 Musical Moments
19 Spiritual Care Week 1:00 Neighborhood Time 2:15 Church Service –TH 3:30 For the Fun of Fit 6:00 Musical Moments	20 Int’l Infection Prevention Wk/Diwali 9:15 Fun & Fit 10:30 Mother Goose-TH 1:00 Neighborhood Time 2:30 Diwali Party-MS 6:00 Circle of Friends	21 9:00 Neighborhood Time 11:00 Brains & Banter 1:00 Spiritual Care 1:30 Residents Council-CC 2:00 Stepping Out 3:00 Golden Horseshoe Choir-	22 9:00 Neighborhood Time 10:30 Musical Moments 11:00 Total Body Fitness 1:30 Horticulture Therapy 2:30 Volleyball Smash- MS 3:30 You & Me	23 9:00 Neighborhood Time 11:00 Music Therapy 11:00 You & Me 2:00 Express Yourself 3:30 Stepping Out	24 10:00 Art Therapy 1:00 Neighborhood Time 2:00 For the Soul 3:30 Brains & Banter 6:00 Musical Moments	25 9:00 Neighborhood Time 11:00 In the Kitchen-CC 2:00 Stepping Out 2:00 Total Body Fitness 3:00 Natalie Marie Performs-TH
26 9:00 Neighborhood Time 10:00 Movie Matinee-L 2:15 Church Service –TH 3:00 Circle of Friends	27 9:15 Fun & Fit 1:00 Neighborhood Time 2:30 Halloween Happy Hour-TH 3:30 Stepping Out 6:00 Circle of Friends	TH 28 9:00 Neighborhood Time 11:00 Brains & Banter 1:00 Spiritual Care 2:00 Circle of Friends 3:30 For the Fun of Fit	29 9:00 Neighborhood Time 10:30 Musical Moments 11:00 Total Body Fitness 1:30 Horticulture Therapy 2:30 Birthday Social-CC 3:30 You & Me	30 9:00 Neighborhood Time 11:00 Music Therapy 11:00 You & Me 2:00 Express Yourself 3:30 Circle of Friends	31 Halloween 9:00 Neighborhood Time 10:30 Halloween Parade -MS 2:00 For the Soul 3:30 Brains & Banter	

OCTOBER

In the Kitchen

11- Pumpkin Pie
17- Barbara's Date Squares
22- Barbara's Apple Pie
25- Tim Hortons

Socials/Events

1- Coffee Social-MS
3- Laughter Yoga-TH
4- Car Show-TC
10- Little Hobby Farm-CC
16- Bingo-MS
20- Diwali Party-MS
21- Golden Horseshoe Choir-TH
22- Volleyball Smash-MS
27- Halloween Happy Hour-CC
29- Birthday Social-CC
31- Halloween Parade-MS

Movies

Popcorn will be provided

Movies for the month:

26- The Wizard of OZ



Pal Group Programs

Monday

Sweat Squad 1:30

Tuesday

Group Fitness 1:45

Thursday

Basketball 11:30

Yoga 1:45

Outings

1- AGB Tour
8- Chuck's Roadhouse
15- Hanes Farm
28- Williams Café
31- Scenic Drive

Lunch Diner's Club

17- Chick-Fil-A