

# OCTOBER

Emma’s Neighbourhood



Please see last page of calendar for program descriptions.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<div>1</div> <div>1:00 Neighbourhood Time</div> <div>6:05 Movie Night &amp; Treats</div> <div>7:00 Neighbourhood Time</div>	<div>2</div> <div>Yom Kippur</div> <div>10:00 Neighbourhood Time</div> <div>11:00 BINGO!</div> <div>2:15 Neighbourhood Time</div> <div>3:15 Stepping Out</div>	<div>3</div> <div>10:00 Neighbourhood Time</div> <div>11:00 For the Soul</div> <div>2:15 Neighbourhood Time</div> <div>3:00 Emma’s Fitness</div> <div>3:15 Express Yourself</div>	<div>4</div> <div>World Smile Day</div> <div>10:15 Neighbourhood Time</div> <div>11:00 Circle of Friends</div> <div>2:15 Neighbourhood Time</div> <div>3:15 For the Fun of Fit</div>
<div>5</div> <div>10:45 Church Service- TH</div> <div>1:00 Neighbourhood Time</div> <div>2:15 For the Soul</div> <div>3:00 Stepping Out</div> <div>6:00 Neighbourhood Time</div>	<div>6</div> <div>Active Aging Week Sukkot</div> <div>10:00 Neighbourhood Time</div> <div>11:00 Manicure Monday</div> <div>2:00 Neighbourhood Time</div> <div>3:15 Walking Club</div>	<div>7</div> <div>10:00 Neighbourhood Time</div> <div>11:00 Soothing Sensations</div> <div>2:00 Neighbourhood Time</div> <div>3:00 Express Yourself</div> <div>3:00 Emma’s Fitness</div>	<div>8</div> <div>Happy Birthday Leo C! </div> <div>1:00 Neighbourhood Time</div> <div>2:30 Musical Entertainment with Jeanette Vandervooren</div> <div>6:05 Movie Night &amp; Treats</div> <div>6:45 You &amp; I</div>	<div>9</div> <div>10:00 Neighbourhood Time</div> <div>11:00 BINGO!</div> <div>2:15 Neighbourhood Time</div> <div>3:15 Stepping Out</div>	<div>10</div> <div>World Mental Health Day</div> <div>10:15 Neighbourhood Time</div> <div>11:00 For the Fun of Fit</div> <div>2:00 Hymn Sing with Pastor Rob</div> <div>3:00 Emma’s Fitness</div> <div>3:15 Brains &amp; Banter</div>	<div>11</div> <div>10:00 Neighbourhood Time</div> <div>11:00 Circle of Friends</div> <div>2:00 Neighbourhood Time</div> <div>3:00 Musical Moments</div>
<div>12</div> <div>10:00 Neighbourhood Time</div> <div>10:45 Church Service- TH</div> <div>2:15 Neighbourhood Time</div> <div>3:00 In the Kitchen</div>	<div>13</div> <div>Thanksgiving</div> <div>10:00 Neighbourhood Time</div> <div>11:00 Manicure Monday</div> <div>2:00 Neighbourhood Time</div> <div>3:15 You &amp; I</div>	<div>14</div> <div>Happy Birthday Carmen D! </div> <div>10:15 Neighbourhood Time</div> <div>11:15 Musical Moments</div> <div>1:15 Neighbourhood Time</div> <div>2:15 Brains &amp; Banter</div> <div>3:00 Emma’s Fitness</div>	<div>15</div> <div>1:00 Neighbourhood Time</div> <div>2:30 Leaf Tour (Sign-Up with Recreation)</div> <div>6:05 Movie Night &amp; Treat</div> <div>6:45 You &amp; I</div>	<div>16</div> <div>10:00 Neighbourhood Time</div> <div>11:00 BINGO!</div> <div>2:15 Neighbourhood Time</div> <div>3:15 Stepping Out</div>	<div>17</div> <div>10:00 Neighbourhood Time</div> <div>11:00 For the Soul</div> <div>2:15 Neighbourhood Time</div> <div>3:00 Emma’s Fitness</div> <div>3:15 Express Yourself</div>	<div>18</div> <div>10:15 Neighbourhood Time</div> <div>11:00 Circle of Friends</div> <div>2:15 Neighbourhood Time</div> <div>3:15 For the Fun of Fit</div>

# OCTOBER

## Emma’s Neighbourhood



Please see last page of calendar for program descriptions.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>19</div> <b>Spiritual Care Week</b> <div>10:45 Church Service- TH</div> <div>1:00 Neighbourhood Time</div> <div>2:15 For the Soul</div> <div>3:00 Stepping Out</div> <div>6:00 Neighbourhood Time</div>	<div>20</div> <div>10:00 Neighbourhood Time</div> <div>11:00 Manicure Monday</div> <div>2:00 Neighbourhood Time</div> <div>3:15 Walking Club</div>	<div>21</div> <div>10:00 Neighbourhood Time</div> <div>11:00 Soothing Sensations</div> <div>2:00 Neighbourhood Time</div> <div>3:00 Express Yourself</div> <div>3:00 You &amp; I</div>	<div>22</div> <div>1:00 Neighbourhood Time</div> <div>2:30 Pub Cart</div> <div>3:30 You &amp; I</div> <div>6:05 Movie Night</div>	<div>23</div> <div>10:00 Neighbourhood Time</div> <div>11:00 BINGO!</div> <div>2:15 Neighbourhood Time</div> <div>3:15 Stepping Out</div>	<div>24</div> <div>10:15 Neighbourhood Time</div> <div>11:00 For the Fun of Fit</div> <div>2:15 Neighbourhood Time</div> <div>3:00 Emma’s Fitness</div> <div>3:15 Brains &amp; Banter</div>	<div>25</div> <div>10:00 Neighbourhood Time</div> <div>11:00 Circle of Friends</div> <div>2:00 Neighbourhood Time</div> <div>3:00 Musical Moments</div>
<div>26</div> <div>10:00 Neighbourhood Time</div> <div>10:45 Church Service- TH</div> <div>2:00 Hymn Sing with Pastor Rob</div> <div>3:00 In the Kitchen</div>	<div>27</div> <div>10:00 Neighbourhood Time</div> <div>11:00 Manicure Monday</div> <div>2:00 Neighbourhood Time</div> <div>3:15 Walking Club</div>	<div>28</div> <div>10:15 Neighbourhood Time</div> <div>11:15 Musical Moments</div> <div>1:15 Neighbourhood Time</div> <div>2:15 Brains &amp; Banter</div> <div>3:00 Emma’s Fitness</div>	<div>29</div> <div>2:30 Spooky Social</div> <div>Enjoy Treats, Music, &amp; Fun!</div> <div>6:05 Movie Night &amp; Treats</div> <div>6:45 You &amp; I</div>	<div>30</div> <div>Happy Birthday Doreen H!</div> <div>10:00 Neighbourhood Time</div> <div>11:00 BINGO!</div> <div>2:15 Neighbourhood Time</div> <div>3:15 Stepping Out</div>	<div>31</div> <div>Happy Halloween!</div> <div>10:00 Neighbourhood Time</div> <div>11:00 For the Soul</div> <div>2:00 Costume Parade on 1<sup>st</sup> Floor Main Street</div> <div>3:00 Emma’s Fitness</div> <div>3:15 Express Yourself</div>	<div>Trick or Treat!</div> <div>Decorative autumn leaves</div>



Outings this Month:  
October 15<sup>th</sup>  
Leaf Tour  
Enjoy a country drive up to Port Perry and see the sights!  
Please see your neighbourhood recreation team members or Neighbourhood Coordinator to sign-up for outings!

# OCTOBER

## Living In My Today Program Descriptions

Our emphasis is on developing relationships, while the experience of those living with dementia forms the foundation of The Five Pillars of LIVING in My Today.

### The Five Pillars

Meaningful and Active Engagement;  
Enjoyable Mealtimes; Empowered  
Care Partners; Thoughtful Design;  
Supportive Approaches to Care.

### New Program Descriptions

We are now using broad program names on our calendars to maintain flexibility and ensure engagement for all residents. This approach keeps programming dynamic, inclusive, and responsive to the community's evolving needs.

## Program Descriptions

### Neighbourhood Time

Neighbourhood time sets up shared living spaces with resources to catch resident's attention and invite them to give them a try.

### In The Kitchen

Creates moments of opportunity for reminiscence, learning, and fellowship through its recognition that the kitchen is not only used to prepare and consume food. Replaces; Baking, cooking, etc.

### Circle of Friends

Creates intentional opportunities for residents to cultivate new connections in a supportive environment that promotes shared experiences and camaraderie. Replaces; Tea & Chats, News & Views, etc.

### Brains & Banter

A stimulating and social activity, combining engaging brain games with lively conversation. Replaces; Trivia, Word Games, & Puzzles.

### Musical Moments

Supports residents to engage with music in meaningful ways. Replaces; Music on Demand, Sing-Alongs, etc.

## Program Descriptions

### Stepping Out

A guided walk that supports residents to enjoy the outdoors and village community. Replaces; Walk & Talks, Walks on Main Street, etc.

### You & I

Replaces One to One & Friendly Visits

### For the Fun of Fit

Fitness activities that focus on having fun and building relationships, while also challenging hand-eye coordination, balance, and range of motion. Replaces; Active Games, Mini Putt, Bean Bag Toss, etc.

### Express Yourself

Honours creativity and creates a supportive environment for residents to explore and express themselves. Replaces; Crafts or anything creative.

### Soothing Sensations

A program that focuses on sensory enrichment. Replaces; Sensory programming

### For the Soul

Spiritual programs that connect us to others. Replaces; Spiritual programs, Gratitude Circles, & Joke programs.