

OCTOBER

Nelson

Legend



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

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 International Day for Older Persons 10:30 Coffee Day social - MS 11:15 Fun & Fit 1:30 Music Therapy 2:00 Stepping Out 3:00 Brains and Banter	2 Yom Kippur 9:00 Neighbourhood Time 10:30 For The Soul 1:15 Horticulture Therapy 2:00 Soothing Sensations 3:00 Brains and Banter	3 World Smile Day 9:00 Neighbourhood Time 10:00 Circle of Friends 1:00 Art Therapy 2:00 You and Me 3:00 Laughter Yoga - TH	4 12:00 Neighbourhood Time 1:00 Car Show- Retirement 2:00 Stepping Out 3:30 Brent M- TH 4:00 You and Me 6:30 Circle of Friends
5 12:00 Neighbourhood Time 2:15 Church- TH 3:30 For The Fun of Fit 6:30 You and Me	6 Active Aging Week 9:00 Neighbourhood Time 10:30 Musical Moments 2:00 Circle of Friends 3:30 For The Fun of Fit	7 1:00 Neighbourhood Time 2:00 Stepping Out 3:00 In The Kitchen 6:30 You and Me	8 9:00 Neighbourhood Time 10:30 Express Yourself 11:15 Fun & Fit 1:30 Music Therapy 2:00 Stepping Out 3:00 Brains and Banter	9 9:00 Neighbourhood Time 1:15 Horticulture Therapy 2:00 Soothing Sensations 3:00 Brains and Banter	10 World Mental Health Day 9:00 Neighbourhood Time 10:00 Soothing Sensations 1:00 Art Therapy 1:30 Hobby Hill Farm- CC 3:00 Musical Moments	11 9:00 Neighbourhood Time 10:30 In The Kitchen 2:00 Stepping Out 3:00 Geri Defoe - TH
12 9:00 Neighbourhood Time 10:00 Movie Matinee-L 2:15 Church- TH 3:00 Stepping Out	13 Thanksgiving 9:00 Neighbourhood Time 10:30 Musical Moments 2:00 Circle of Friends 3:30 For The Fun of Fit	14 11:00 Spiritual Care 1:00 Neighbourhood Time 2:00 Stepping Out 3:00 In The Kitchen 6:30 Express Yourself	15 International Pronouns Day 10:30 Express Yourself 11:15 Fun & Fit 1:30 Music Therapy 2:30 Brains and Banter 3:30 You and Me	16 9:00 Neighbourhood Time 10:30 Brains and Banter 11:00 Spiritual Care 1:15 Horticulture Therapy 2:30 Bingo - MS 3:30 You and Me	17 Diner's Club 9:00 Neighbourhood Time 10:00 Circle of Friends 1:00 Art Therapy 2:00 You and Me 3:00 Musical Moments	18 12:00 Neighbourhood Time 2:00 Stepping Out 3:00 Escapades- TH 4:00 You and Me 6:30 Circle of Friends
19 Spiritual Care Week 12:00 Neighbourhood Time 2:15 Church- TH 3:30 For The Fun of Fit 6:30 You and Me	20 Diwali 9:00 Neighbourhood Time 10:30 Mother Goose-TH 2:30 Diwali Party-MS 3:30 You and Me	21 11:00 Spiritual Care 1:00 Neighbourhood Time 2:00 Stepping Out 3:00 Golden Horseshoe Choir- TH 6:30 Express Yourself	22 9:00 Neighbourhood Time 10:30 Express Yourself 11:15 Fun & Fit 1:30 Music Therapy 2:30 Volleyball Smash- MS 3:30 Stepping Out	23 9:00 Neighbourhood Time 10:30 Brains and Banter 1:15 Horticulture Therapy 2:00 Soothing Sensations 3:00 Stepping Out	24 9:00 Neighbourhood Time 10:00 Circle of Friends 1:00 Art Therapy 2:00 You and Me 3:00 Musical Moments	25 9:00 Neighbourhood Time 10:30 In The Kitchen 2:00 Stepping Out 3:00 Natalie Marie-TH
26 9:00 Neighbourhood Time 11:00 Total Body Fitness 10:00 Movie Matinee-L 2:15 Church- TH 3:00 Stepping Out	27 9:00 Neighbourhood Time 10:30 Musical Moments 2:30 Halloween Happy hour- CC 3:30 For The Fun of Fit	28 11:00 Spiritual Care 1:00 Neighbourhood Time 2:00 Stepping Out 3:00 In The Kitchen 6:30 Express Yourself	29 Birthday Social 9:00 Neighbourhood Time 10:30 Express Yourself 11:15 Fun & Fit 1:30 Music Therapy 2:00 Stepping Out 2:30 Birthday Social- CC	30 9:00 Neighbourhood Time 10:30 For The Soul 1:15 Horticulture Therapy 2:00 Soothing Sensations 3:30 For The Fun of Fit	31 9:00 Neighbourhood Time 10:30 Halloween Parade 1:00 Art Therapy 2:00 Halloween Scenic Drive 2:30 Movie Matinee	

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In The Kitchen

7 - Shake Loose Your Taste- Dice Game
11-Pumpkin Pie
14- Butter Tarts
21- Tea and Cookies
25- Tim Hortons Coffee and Timbits
28- Halloween Pilsbury Cookies

Express Yourself

1- Aqua Painting
8- Gratitude Tree
14- Bazaar Craft
15-Dry Erase Colouring
21- Bazaar Craft
22- Pumpkin Painting
28- Bazaar Craft
29- Halloween Colouring

Popcorn and Movie

Popcorn will be provided

12- Hocus Pocus
26- The Wizard of Oz
31- Caspar



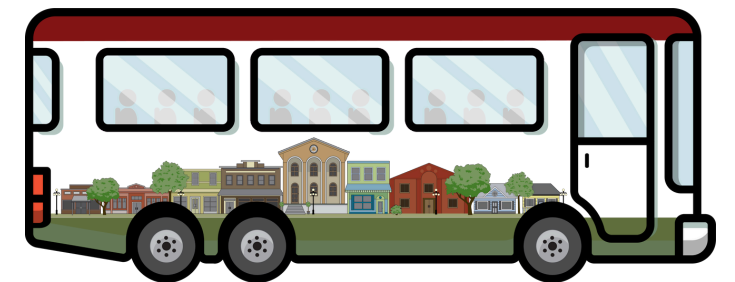
Birthday Social

Wednesday 29th
2:30PM



Outings

1- AGB Tour 1:30pm
8- Chucks Road House 11:30am
15- Hanes Farm- 1:30pm
28- Williams Cafe 2:00
31- Halloween Scenic Drive 2:00



Diner's Club

Chick Fil A

