

OCTOBER

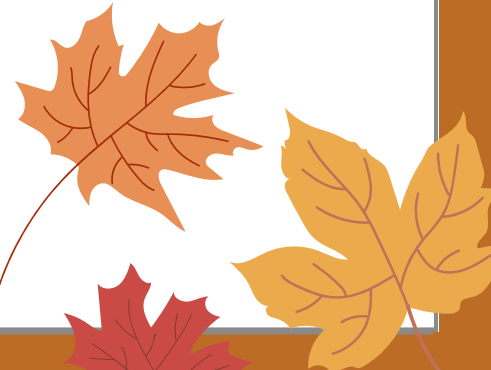
Newberry

Legend

- Trussler (TL)
 - Newbery (NB)
 - Strasburg (SB)
 - Aberdeen (AB)
 - Roseville (RV)
- Kingsdale (KD)
 - Sandhills (SH)
 - Waldau (WD)
 - Haysville (HV)
 - Eby (EB)
- LTC Pinehaven Community Room (PC)
 - LTC Chapel Room (CR)
 - Ret. Fireside Lounge (FS)
 - Ret. Hobby Room (HR)
 - Ret. Dining Room (RT DR)



“I’m so glad we live in a world
where there are Octobers!”
~ Lucy Maud Montgomery

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Friendly Visits 11:30 Neighbourhood Time 1:45 Fun & Fitness with Kathy 3:00 Worship Service (TL)	2 10:00 Total Body Fitness 11:00 Music Therapy 1:45 Drinks & Discussions “ All About Oktoberfest” (TL) 3:00 Origins of Chicken Dance 6:00 Manicures	3 10:15 Exercises (TL) 11:00 Spiritual Moments (TL) 1:45 Movie Matinee 3:15 Neighbourhood Time	4 10:30 Rosary (PCC) 11:00 You & Me 1:45 Bingo 3:00 Neighbourhood Time
5 10:30 TV Church 11:00 Colour Me Calm 1:45 Horse Racing 3:00 Neighbourhood Time	6 Active Aging Week 10:00 You & Me 10:30 Dancersize (SB) 11:30 Neighbourhood Time 2:00 Horticulture 3:00 Cookie Delivery! 3:30 Hand Therapy (PAL)	7 - 10:00 This or That: Pick Your Pumkin Spice Item! (TL) 11:00 Total Body Fitness (TL) 3:00 Neighbourhood Time	8 - 10:00 Friendly Visits 10:30 Word Games 11:30 Neighbourhood Time 2:00 PegTalks (SB) 3:00 Worship Service (TL)	9 - 10:00 Total Body Fitness 11:00 Music Therapy 1:45 Gourd Dipping (TL) 3:30 Kevin Coates 6:00 Manicures	10 - 10:15 Exercises 11:00 Spiritual Moments 3:15 Neighbourhood Time	11 - 10:30 Discussion Group “Canadian Thanksgiving” (TL) 1:45 Bingo (TL) 3:00 Neighbourhood Time
12 - 10:30 TV Church 11:00 Colour Me Calm 1:45 Giving Thanks Social (TL) 3:00 Neighbourhood Time	13 Happy Thanksgiving 10:00 You & Me 11:00 Active Games 1:45 Thanksgiving Social 3:00 Neighbourhood Time	14 10:00 This or That: Coffee Time 11:00 Total Body Fitness (TL) 1:45 Bowling 3:00 Neighbourhood Time	15 Resident Meeting 10:00 Friendly Visits 10:30 Word Games 11:00 Resident Meeting 11:30 Neighbourhood Time 2:00 Lilian (TL) 3:00 Worship Service (TL)	16 10:00 Total Body Fitness 11:00 Music Therapy 2:30 Creative Corner 3:00 Neighbourhood Time 6:00 Manicures	17 10:15 Exercises (TL) 11:00 Spiritual Moments (TL) 1:45 Drinks & Discussions “Autumn Gardening” (TL) 3:15 Neighbourhood Time	18 11:00 Brains & Banter 1:45 Bingo (TL) 3:00 Neighbourhood Time
19 10:30 TV Church 11:00 Colour Me Calm 1:45 Apostolic Hymn Sing (SB) 3:00 Neighbourhood Time	20 Happy Diwali 10:00 You & Me 11:00 Active Games 2:00 Horticulture 2-4 Diwali Celebration (KD) 3:00 Neighbourhood Time	21 10:00 This or That: Muffins 11:00 Total Body Fitness (TL) 1:45 Bowling 2:00 Billiards Club (TL) 3:00 Neighbourhood Time	22 Floor Outing 11:30 Neighbourhood Time 1:30-4 Fall Country Drive 2:00 Fun & Fitness with Kathy 3:00 Worship Service (TL) 5:15 McDonalds Take-Out	23 10:00 Total Body Fitness 11:00 Music Therapy 2:30 Creative Corner 3:00 Neighbourhood Time 6:00 Manicures	24 10:15 Exercises 11:00 Spiritual Moments 1:45 Drinks & Discussion “Halloween Origins” 3:15 Neighbourhood Time	25 Halloween Trick or Treat 10: 30 Halloween Bingo (TL) 2:30-4 Halloween Event 3:00 Neighbourhood Time
26 10:30 TV Church 11:00 Colour Me Calm 1:45 Java Music (TL) 3:00 Neighbourhood Time	27 Food Council 10:00 You & Me 11:00 Active Games 11:30 Neighbourhood Time 1:45 Food Council 2:00 Horticulture	28 Floor Outing 9:30-11 Snyder’s Farm 11:00 Total Body Fitness (TL) 1:45 Neighbourhood Time 3:00 Brains & Banter	29 10:00 Friendly Visits 11:30 Neighbourhood Time 2:00 Zumba (YouTube) 3:00 Worship Service (TL) 6:15 Tom Denomme (TL)	30 Resident Council 10:00 Total Body Fitness 10:15 Resident Council (PCC) 11:00 Music Therapy 1:45 Halloween Fill - In 3:00 Halloween HA!HA!HA! 6:00 Manicures	31 Happy Halloween 10:15 Halloween Exercise (SB) 11:00 Spiritual Moments (TL) 11:30 Neighbourhood Time 1:45 Halloween Social	

OCTOBER



SATURDAY OCT 25TH
2:30-4:00

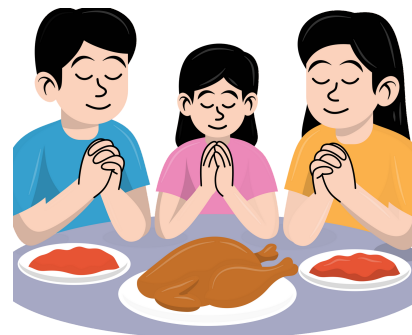
Monthly Outings:

Fall Colours Country Drive
Wednesday October 22nd 1:30-4:30
Snyder's Family Farm in Ayr
Tuesday October 28th 9:30-11:30



Active Aging Week:

Active Aging Week celebrates older adults! The goal is to promote holistic health through movement, mental stimulation, good nutrition, and social connection. This week focuses on well-being and community participation. PAL will be offering drop in programs, stay tuned for flyer!



Spiritual Programs:

October 1st 10:30 Catholic Service (RV)
October 4th 10:30 Rosary (PCC)
October 8th 10:30 Lutheran Communion
October 19th 1:30 Apostolic Hymn Sing (SB)
October 19th 2:30 Church Service
October 20th 10:30 Diwali Service
October 22nd 10:30 Protestant Communion
October 26th 2:30 Church with Royal

happy
BIRTHDAY
Don B

THURSDAY OCTOBER 30TH

Meetings:

October 15th 11:00 - Resident Meeting
October 27th 1:45 Food Committee (PC)
October 30th 10:15 Residents' Council (PC)

Live Entertainment:

Oct 2 - 6:15 Tom Denomme - Haysville
Oct 6 - 2:00 Dynamic Duo - Haysville
Oct 6 - 3:30 Dynamic Duo - Sandhills
Oct 7 - 7:00 Transylvania Hofbrau Band - Retirement Dining Room
Oct 8 - 2:00 PegTalks - Strasburg
Oct 9 2:00 Kevin Coates - Aberdeen
Oct 9 3:30 Kevin Coates - Newberry
Oct 15 2:00 Lilian - Trussler
Oct 15 3:30 Lilian - Kingsdale
Oct 16 6:15 Tom Denomme - Kingsdale
Oct 24 2:00 Jontue - Strasburg
Oct 24 3:30 Jontue - Waldau
Oct 28 2:00 Erin Marie - Eby
Oct 28 3:30 Erin Marie - Roseville
Oct 29 6:15 Tom Denomme - Trussler



DIWALI CELEBRATION
OCTOBER 20TH 2-4
KINGSDALE NEIGHBOURHOOD