



# OCTOBER

## Oaklands

**Legend**  
P- Patio  
TH—Town Hall  
CC- Community Centre  
TS—Town Square  
MS- Main Street

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 are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 9:15 Fun & Fit 10:30 Coffee day Social- TH 11:00 Music Therapy 1:00 Neighbourhood Time 4:00 You and Me 6:00 Circle of Friends	<b>2 Yom Kippur</b> 9:00 Neighbourhood Time 10:15 For the Soul 10:30 Horticulture Therapy 2:00 Circle Of Friends 3:30 Brain and Banter	<b>3</b> 9:00 Neighbourhood Time 10:30 Express Yourself 2:00 Stepping Out 3:00 Laughter Yoga- TH	<b>4</b> 9:00 Neighbourhood time 10:30 In the Kitchen- CC 1:00 Art Therapy 1:00 Car Show- RP 3:30 Brent M- TH
<b>5</b> 9:00 Neighbourhood time 10:00 The Addams's Family- TH 2:15 Church Service- TH 3:30 You and Me	<b>6 Active Aging Week/Sukkot</b> 9:00 Neighbourhood Time 10:30 Express Yourself 2:00 Musical Moments 3:30 For the fun of Fit	<b>7</b> 12:30 Neighbourhood Time 1:00 Art Therapy 2:00 Circle of Friends 3:00 For the Fun of Fit 6:00 Movie Matinee	<b>8</b> 9:15 Fun & Fit 11:00 Music Therapy 12:00 Neighbourhood Time 2:00 Circle of Friends 3:30 For the fun of fit 6:00 Stepping Out	<b>9</b> 9:00 Neighbourhood Time 10:30 Horticulture Therapy 2:00 Circle Of Friends 3:30 Brain and Banter	<b>10 World Mental Health Day</b> 9:00 Neighbourhood Time 10:30 Brain and Banter 1:30 Hobby Farm- CC 3:30 For the fun of Fit	<b>11 World Hospice &amp; Pallative Care</b> 9:00 Neighbourhood Time 10:30 Circle Of Friends 2:00 Stepping Out 3:00 Geri Defoe- TH
<b>12</b> 12:30 Neighbourhood Time 2:15 Church Service-TH 3:30 You and Me 6:00 Movie Martine	<b>13 Thanksgiving</b> 8:00 Breakfast Club-CC 9:30 Neighbourhood Time 10:30 Express Yourself 2:00 Stepping Out	<b>14</b> 12:30 Neighbourhood Time 1:00 Art Therapy 2:00 Circle of Friends 3:00 For the Fun of Fit 3:30 Spiritual Service 6:00 Movie Matinee	<b>15 Internation Pronouns Day</b> 9:15 Fun & Fit 11:00 Music Therapy 12:00 Neighbourhood Time 2:00 Circle of Friends 3:30 For the fun of fit 6:00 Stepping Out	<b>16</b> 9:00 Neighbourhood Time 10:15 For the Soul 10:30 Horticulture Therapy 2:30 Bingo- MS 3:30 Stepping Out 3:30 Spiritual Care	<b>17</b> 9:00 Neighbourhood Time 10:30 Brain and Banter 12:00 Diner's Club- MS 2:00 Stepping Out 3:30 For the fun of fit	<b>18</b> 9:00 Neighbourhood Time 10:30 In the Kitchen 2:00 Stepping Out 3:00 Escapades- TH
<b>19 Spiritual Care Week</b> 9:00 Neighbourhood time 10:00 The Addams's Family Values- TH 2:15 Church Service- TH 3:30 You and Me	<b>20 Diwali</b> 9:30 Neighborhods Time 10:30 Mother Goose- TH 2:30 Diwali Party- MS 3:30 You and Me	<b>21</b> 12:30 Neighbourhood Time 1:00 Art Therapy 2:00 Soothing Sensation 3:00 Golden Horseshoe Choir- 3:30 Spiritual Service 6:00 Movie Matinee	<b>22</b> 9:15 Fun & Fit 11:00 Music Therapy 12:00 Neighbourhood Time 2:30 Volleyball Smash – MS 6:00 Stepping Out	<b>23</b> 9:00 Neighbourhood Time 10:15 For the Soul 10:30 Horticulture Therapy 2:30 Mac and cheese- CC 3:30 Stepping Out	<b>24</b> 9:00 Neighbourhood Time 10:30 Brain and Banter 2:00 You and Me 3:00 Pumpkin Carving- CC	<b>25</b> 9:00 Neighbourhood Time 10:30 Circle of friend 2:00 You and Me 3:00 Natalie Marie- TH
<b>26</b> 10:00 Total Body Fitness 12:30 Neighbourhood Time 2:15 Church Service-TH 3:30 You and Me 6:00 Movie Martine	<b>27</b> 9:00 Neighbourhood Time 10:30 Express Yourself 2:30 Halloween Happy Hour- TH 3:30 Stepping Out	<b>28</b> 12:30 Neighbourhood Time 1:00 Art Therapy 2:00 Circle of Friends 3:00 For the Fun of Fit 3:30 Spiritual Service 6:00 Movie Matinee	<b>29</b> 9:15 Fun & Fit 11:00 Music Therapy 12:00 Neighbourhood Time 2:30 Birthday Social- CC 3:30 Stepping Out 6:00 You and Me	<b>30</b> 9:00 Neighbourhood Time 10:15 For the Soul 10:30 Horticulture Therapy 2:00 Circle Of Friends 3:00 Resident Council 3:30 Brain and Banter	<b>31</b> 9:00 Neighbourhood Time 10:30 Halloween Parade-MS 2:00 Circle of Friends 3:30 For the fun of fit	

# OCTOBER

## Pal Programs

### Monday

-1:45 Sweat Squad

### Tuesday

-10:15 Standing Balance

-1:45 Group Fitness

### Thursday

-10:15 Basketball & Ball Toss

-1:45 Yoga

### Saturday( Week 1)

-10:15 Tai Chi

### Sunday ( Week 1)

-1:45 Basketball & Ball Toss

## Movie Day

Popcorn will be provided

### Movies

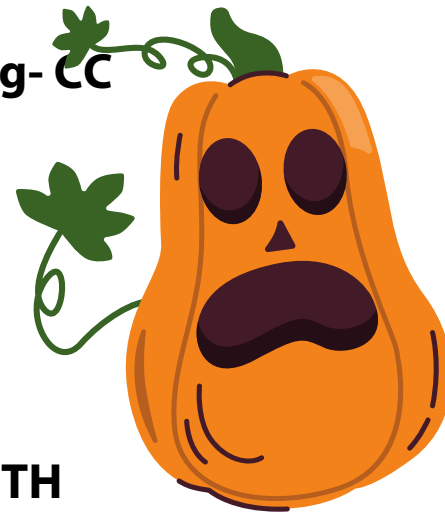
5- The Addams's Family - TH

19- The Addams's Family Values- TH



## Express Yourself

24- Pumpkin Carving- CC



## Socials

1-Coffee day Social- TH

3- Laughter Yoga- TH

4- Tim Horton Social- CC

23- Mac and cheese- CC

29-Birthday Social



## Outings

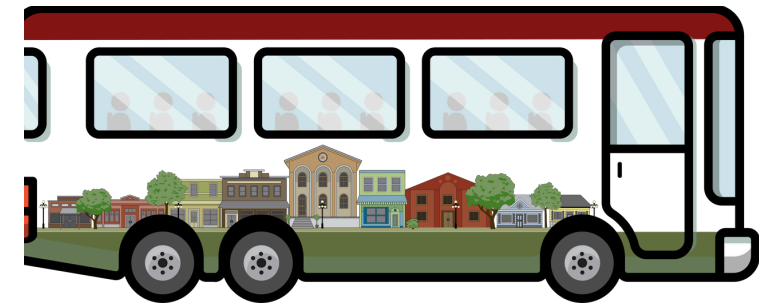
01- AGB Tour Outing @ 1:30 pm

08- Chucks Lunch Outing@ 11:30 am

15 - Hans Farm @ 2:00 pm

28- William Cafe @ 2:00pm

31- Scenic Drive@ 2pm



## Breakfast Club

13- Thanksgiving Special Breakfast- CC

## Diners Club

17- Chik-fil-A – MS

## Events

10- Hobby Farm- CC

16- Bingo- TH

27-Happy Hour Karaoke- CC

20- Diwali Party- MS

22- Volleyball Smash – MS

