

OCTOBER

Strasburg

Legend

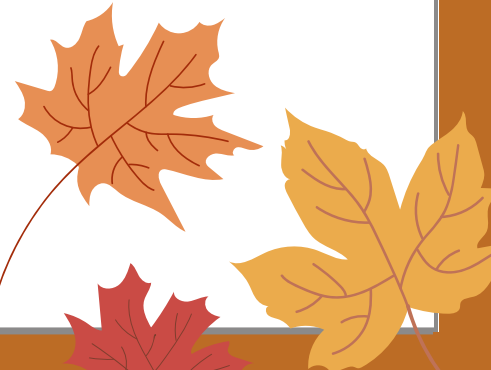
Trussler (TL)
Newbery (NB)
Strasburg (SB)
Aberdeen (AB)
Roseville (RV)
Kingsdale (KD)

Sandhills (SH)
Waldau (WD)
Waldau (WD)
Haysville (HV)
Eby (EB)

R. Williamb./Becker (WB)
Ret Egerton (EG)
Ret. Emma (EM)

LTC Pinehaven Com Room (PPC)
LTC Spiritual Care Room (LTC SC)
Ret. Fireside Lounge (FS)
Ret. Hobby Room (HR)
Ret. Dining Room (RET DR)
Ret. John Sweeny Room (JS)

A Beautiful day begins
with a beautiful
Mindset

Sunday	Monday	Tuesday	Wednesday	Thursday ^R	Friday	Saturday
			1 9:45 Exercise with Kathy 11:00 Hymn Sing 1:30 Horse Racing 3:00 Horticulture Therapy 3:00 Neighbourhood Time	2 9:45 Chime Choir 10:15 Music Therapy 11:00 Exercise 1:30 Bingo 3:00 Neighbourhood Time 3:30 Tai Chi	3 10:00 Exercise 10:30 Bowling 1:30 Table Ball 2:30 Celebration of life (RT) 3:00 Neighbourhood Time	4 10:00 Exercise 10:30 Bingo 11:30 Swiss Chalet Order In 1:30 Word Games 2:30 Patio Chats 3:30 Pet Visits
5 10:00 Exercise 10:30 TV Church 11:00 Java Music 1:30 Indoor Walks 3:00 Neighbourhood Time	6 Active Aging WK 6 -12th 10:30 Dancercise 1:30 Art Group 2:00 Spiritual Moments 3:00 Planting Friendships 3:00 Neighbourhood Time	7 10:00 Total Body Fitness 11:00 Church 1:30 Nail Care 3:30 Active Aging Chat 6:15 Neighbourhood Time	8 9:45 Exercise with Kathy 11:00 Hymn Sing 2:00 PegTalks 3:00 Horticulture Therapy 3:00 Neighbourhood Time	9 9:45 Chime Choir 10:15 Music Therapy 11:00 Ball Exercise 1:30 Bingo 3:30 Tai Chi	10 10:00 Exercise 10:30 Bowling 10:00 Fun Active Activities With Friends 1:30 Resident Meeting 3:00 Neighbourhood Time	11 10:00 Exercise 10:30 Bingo 1:30 Oktoberfest Social 3:30 Pet Visits 3:30 Neighbourhood Time
12 10:00 Exercise 10:30 TV Church 11:00 Java Music 1:30 This or That: 3:00 Neighbourhood Time	13 Happy Thanksgiving Day 10:00 Exercise 10:30 Word Games 2:00 Thanksgiving Social 3:15 Neighbourhood Time	14 Timbit Day 10:00 Total Body Fitness 11:00 Church 1:30 Nail Care 3:00 Raise Your Voice 3:30 Fall Concert Series 6:15 Neighbourhood Time	15 9:30 Walmart Outing 9:45 Exercise with Kathy 11:00 Hymn Sing 1:30 Horse Racing 3:00 Neighbourhood Time	16 9:30 Snyder's Farm Outing 9:45 Chime Choir 10:15 Music Therapy 1:30 Bingo 3:30 Tai Chi	17 10:00 Exercise 10:30 Bowling 1:30 Foodie Friends 2:45 Hand Waxing (KIN) 3:00 Neighbourhood Time	18 10:00 Exercise 10:30 Bingo 1:30 Afternoon Matinee with Snacks 3:30 Pet Visits 3:30 Neighbourhood Time
19 10:00 Exercise 10:30 TV Church 11:00 Java Music 1:30 Indoor Walks 3:00 Neighbourhood Time	20 Diwali Day 10:00 Exercise 10:30 Word Games 2: 00 Diwali Rangoli (Sand Colouring) 2:00 Spiritual Moments 3:00 Planting Friendships	21 10:00 Total Body Fitness 11:00 Church 1:30 Nail Care 3:00 Diwali Firework Videos 3:30 Fall Concert Series 6:15 Neighbourhood Time	22 9:45 Exercise with Kathy 11:00 Hymn Sing 1:30 Horse Racing 3:00 Horticulture Therapy 3:00 Neighbourhood Time	23 9:45 Chime Choir 10:15 Music Therapy 11:00 Exercise 1:30 Bingo 3:00 Neighbourhood Time 3:30 Tai Chi	24 10:00 Exercise 10:30 Bowling 2:00 Jontue 3:00 Neighbourhood Time	25 10:00 Exercise 10:30 Bingo 1:30 Word Games 2:30 Halloween Trick or Treat 3:30 Neighbourhood Time
26 10:00 Exercise 10:30 TV Church 11:00 Java Music 1:30 Indoor Walks 3:00 Neighbourhood Time	27 1:45 Food Council 10:00 Exercise 10:30 Word Games 1:30 Art Group 2:00 Spiritual Moments 3:00 Planting Friendships 3:00 Neighbourhood Time	28 10:00 Total Body Fitness 11:00 Church 1:30 Nail Care 3:00 Raise Your Voice 3:30 Fall Concert Series 6:15 Neighbourhood Time	29 9:45 Exercise with Kathy 11:00 Hymn Sing 1:30 Horse Racing 3:00 Horticulture Therapy 3:00 Neighbourhood Time	30 10:15 Resident Council 9:45 Chime Choir 10:15 Music Therapy 11:00 Exercise 1:30 Bingo 3:00 Neighbourhood Time 3:30 Tai Chi	31 Halloween 10:00 Exercise 10:30 Bowling 2:00 Halloween Social 3:00 Neighbourhood Time	

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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, with a focus on well-being and community participation



Spiritual Programs

10:30 Catholic Service October 1 (RV)

10:30 Rosary - October 4 (SC LTC)

10:30 Lutheran Communion - October 8

2:30 Celebration of Life - October 10 (Ret D)

2:30 - Church w Kathleen - October 19 (JS)

10:30 Diwali Celebration - October 20 (SC LTC)

10:30 Protestant Communion 22 - October (PH)

10:30 - Church w Royal - October 26 (JS)

*Happy Thanksgiving
Remember Vegetarians
are very thankful*



HAPPY BIRTHDAY

Charles H

October 18, 1949



Diwali comes from the Sanskrit word deepavali, meaning "row of lights." It marks the triumph of light over darkness, of good over evil. Though Diwali traditions vary according to region and religion, the myths and historical stories behind the holiday share themes of justice and liberation.



October Entertainments

Oct 2 6:15 Tom Denomme on Haysville

Oct 6 2:00 Dynamic Duo on Haysville

Oct 6 3:30 Dynamic Duo on Sandhills

Oct 7 7:00 Transylvania Hofbrau Band RT

Oct 8 2:00 PegTalks on Strasburg

Oct 9 2:00 Kevin Coates on Aberdeen

Oct 9 3:30 Kevin Coates on Newberry

Oct 15 2:00 Lilian on Trussler

Oct 15 3:30 Lilian on Kingsdale

Oct 16 6:15 Tom Denomme on Kingsdale

Oct 18 2:00 Beth Sing-along on Aberdeen

Oct 24 2:00 Jontue on Strasburg

Oct 24 3:30 Jontue on Waldau

Oct 28 2:00 Erin Marie on Eby

Oct 28 3:30 Erin Marie Roseville

Oct 29 6:15 Tom Denomme on Trussler



Happy Halloween