

OCTOBER

Trussler

Legend

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

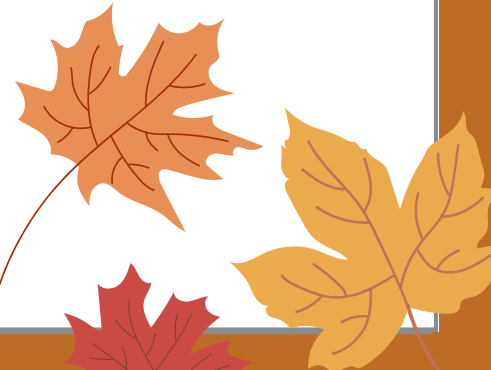
Sandhills (SH)
Waldau (WD)
Waldau (WD)
Haysville (HV)
Eby (EB)

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

LTC Pinehaven Com Room (PPC)
LTC Chapel Room (CR)
Ret. Fireside Lounge (FS)
Ret. Hobby Room (HR)
Ret. Dining Room (RET DR)



Autumn...
the year's last,
loveliest smile

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11:00 Neighbourhood Time 1:45 Fun & Fitness - Kathy (NB) 3:00 Worship Service 4:00 You & Me 6:15 Nail Care	2 10:00 Total Body Fitness (NB) 11:00 Brains & Banter 2:00 Drinks & Discussions "All about Oktoberfest" 3:00 Chicken Dance Origins (NB)	3 10:15 Exercises 11:00 Spiritual Moments 1:45 Movie Matinée 3:15 Neighbourhood Time	4 10:30 Rosary (PCC) 11:00 You & Me 1:45 BINGO (NB) 3:15 Neighbourhood Time
5 10:15 TV Church 10:15 TV Catholic Mass (DEN) 11:00 Colour Me Calm 1:45 Horse Races (NB) 3:00 Neighbourhood Time	6 ACTIVE AGING WEEK 10:00 Dancercise 11:00 Horticulture Therapy 1:30 Baking - Chocolate Chip 3:00 Cookie Delivery 3:30 Hand Therapy (PAL)	7 9:30 - 12:00 Herrles Market 11:00 Total Body Fitness 3:00 Music Therapy 3:00 Neighbourhood Time	8 11:00 Neighbourhood Time 2:00 PEG Talks (SB) 3:00 Worship Service 4:00 You & Me 6:15 Nail Care	9 10:00 Total Body Fitness (NB) 11:00 Brains & Banter 11:00 Neighbourhood Time 1:45 Gourd Dipping 3:30 Kevin Coates (NB)	10 10:15 Exercises (NB) 11:00 Spiritual Moments (NB) 2:30 Celebration of Life (RET DR) 3:15 Neighbourhood Time	11 10:30 Discussion group "Canadian Thanksgiving" 11:00 Neighbourhood Time 1:45 BINGO 3:15 Stepping Out
12 10:15 TV Church 10:15 TV Catholic Mass (DEN) 11:00 Colour Me Calm 1:45 Giving Thanks Social 3:00 Neighbourhood Time	13 HAPPY THANKSGIVING 10:15 Active Games 11:00 Neighbourhood Time 1:45 Thanksgiving Social (NB)	14 TIMBIT DAY 9:30 -12:00 Country Drive 11:00 Total Body Fitness 1:45 Bowling (NB) 3:00 Music Therapy 3:00 Neighbourhood Time	15 11:00 Neighbourhood Time 2:00 Lilian Entertains 3:00 Worship Service 4:00 Floor Meeting 6:15 Nail Care	16 10:00 Total Body Fitness (NB) 11:00 Brains & Banter 2:00 Express Yourself 3:15 Neighbourhood Time	17 10:15 Exercises 11:00 Spiritual Moments 1:45 Drinks & Discussions "Autumn Gardening" 3:15 Neighbourhood Time	18 10:15 Brains & Banter 11:00 Neighbourhood Time 1:45 BINGO (NB) 3:15 Neighbourhood Time
19 10:15 TV Church 10:15 TV Catholic Mass (DEN) 11:00 Colour Me Calm 1:30 Apostolic Hymn Sing (SB) 3:00 Neighbourhood Time	20 10:15 Exercises 11:00 Horticulture Therapy 2:00 - 4:00 "Diwali Celebration" (KD)	21 10:15 Brains & Banter 11:00 Total Body Fitness 1:45 Bowling (NB) 2:00 Billiards Club 3:00 Music Therapy 3:00 Neighbourhood Time	22 11:00 Neighbourhood Time 1:45 Fun & Fitness -Kathy (NB) 3:00 Worship Service 5:15 McDonald's Take-Out	23 10:00 Total Body Fitness (NB) 11:00 Brains & Banter 2:00 Express Yourself 3:15 Nieghbourhood Time	24 10:15 Exercises (NB) 11:00 Spiritual Moments (NB) 1:45 Drinks & Discussion (NB) "Halloween Origins" 3:15 Neighbourhood Time	25 10:30 Halloween Bingo 2:30 - 4:00 Halloween Event 3:00 Neighbourhood Time
26 10:15 TV Church 10:15 TV Catholic Mass (DEN) 11:00 Colour Me Calm 1:45 Java Music 3:00 Neighbourhood Time	27 10:15 Active Games 11:00 Horticulture Therapy 1:45 N2L Games 3:00 Neighbourhood Time	28 10:15 Brains & Banter 11:00 Total Body Fitness 1:45 Neighbourhood Time 3:00 Music Therapy	29 11:00 Neighbourhood Time 1:30 Baking - Peanut Cookies 3:00 Worship Service 6:15 Tom Denomme	30 ALL HALLOWS EVE 10:00 Total Body Fitness (NB) 10:15 Resident Council (PCC) 1:45 Halloween Fill - In 3:00 Halloween HaHaHa!	31 HALLOWEEN 10:15 Halloween Exercises (SB) 11:00 Spiritual Moments 11:30 Neighbourhood Time 1:45 Halloween Social	

OCTOBER

October Events

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 19 1:30 Apostalic Hymn Sing Strasburg
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



Spiritual Programs



Thursdays at 10:30 Rosary in (LTC WR)

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

Bus Outing(s)

Please Keep in Mind all Outings are dependent on Weather.
Participants are selected by taking turns from our outing list to ensure fairness. If you would like to add your name to our future outing list, please let Recreation know!

Tuesday October 7th
9:30am - 12:00pm
Herrles Market



Tuesday October 14th
9:30am - 12:00pm
Country Drive

Join us for Halloween
Trick or Treat



Saturday October 25th
2:30pm - 4:00pm
HAPPY HALLOWEEN!



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



Resident Meetings

Resident Meeting: 4:00pm October 15th
Food Committee: 1:45pm October 27th (PC)
Residents' Council: 10:15am October 30th (PC)



Thanksgiving Stuffing Poem

May your stuffing be tasty, your
gravy plentiful, May your family be
happy, and the conversations
whimsical. May the football be
exciting, the naps long and sweet,
And may there be enough leftovers
to satisfy every single treat!

