

OCTOBER

AMHERSTBURG

Legend
H-Chapel
CC-Community Center
LB-Library
(L)-Late Day
(V)- Vacation
(N) -Nav
(D)-D-Anne
(M) - Maha



National Days
• October 1 – National Seniors Day
• October 10 – World Mental Health Day
• October 13 – Thanksgiving Day
• October 18 – Persons Day
• October 19–25 – Invisible Disabilities Week
• October 24 – Brain Cancer Awareness Day
• October 31 –National UNICEF Day
• October 31 Halloween

Fun Facts
• October comes from the Latin word "octo," meaning eight — it was the 8th month in the old Roman calendar.
• Halloween is celebrated on October 31st, originating from the ancient Celtic festival Samhain.
• The birthstone of October is opal, symbolizing creativity and hope.
• The zodiac signs for October are Libra (until Oct 22) and Scorpio (from Oct 23 onward).
• October is National Mental Health Awareness Month in several countries, promoting mental well-being.

Birthdays
• October 6th - Anna Piazza
• October 10th - Irene Spirou

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 N & D & M (L) 9:00 Fitness with PAL Calendar Distribution 10:00 Walk n Roll 10:00 Pancake Breakfast (CC) 3:00 Zumba (CH) 6:00 Art and Craft	2 N 9:30 Self Care Day 10:00 Pet visits 10:30 Ball Scoop 1:30 Crochet Club (CH) 2:00 Crafternoon 3:00 Walks & 1:1	3 N 9:00 1:1 Fitness with PAL 9:30 Movement Bingo (CH) 10:00 Pet Visits 10:30 Choir (CH) 1:30 Octoberfest on Main St.	4 D & M 9:30 Balloon Toss 10:30 Entertainment (CH) 1:30 Word Game 2:00 Puzzles 2:45 Parachute Game
5 D & M 9:30 Virtual Church & Hymns 10:30 Bowling 1:45 Tower Bingo 2:00 Turkey Shoot 3:00 1:1 Walks	6 ANNA.P's BIRTHDAY 9:00 Fitness with PAL 10:30 For The Soul 1:30 Monday Manicures 2:30 Church on the Burg 6:30 Celebration of Life 7:30 Art Time	7 N (L) 10:30 Anglican Mass CL 1:30 Ball Toss 2:30 Arts And Crafts 2:30 Movie Time 3:30 Walk And Talk 6:00 Horticulture Club (CC)	8 N & D & M (L) 9:00 Fitness with PAL 10:00 Walk n Roll 1:00 Visits with Mr. Socks 3:00 Zumba (CH) 6:00 Cup Pong 7:15 Making Centerpieces	9 D(L) 1:30 Crochet Club (CH) 1:30 Baking Pumpkin Pie 3:00 Taste Testers 6:00 Pumpkin Pie Social	10 IRENE'S BIRTHDAY - N 9:00 1:1 Fitness with PAL 9:30 Movement Bingo (CH) 10:30 Music with Joe 10:30 Catholic Mass (CH) 1:30 Parachute game 2:30 Word Game	11 N 9:30 Workout with Nav 10:30 Entertainment (CH) 1:30 Sip & Smile 2:30 Making vision board 3:30 1:1 Visits
12 N 9:30 Virtual Church & Hymns 10:30 Balloon Toss 11:00 Walk and Talk 1:30 Spa Time 1:30 Snoezelen 2:30 Village Games	13 Happy Thanksgiving 9:00 Fitness with PAL 10:30 For The Soul 1:30 Monday Manicures 2:30 Church on the Burg 4:30 Decoration Time 6:00 Welcome to Wonderland	14 N (L) 1:30 Ball Toss 2:30 Finish The Phrase 3:00 Arts and Crafts 2:00 Movie time 6:00 Horticulture Club (CC)	15 N & D & M (L) 9:00 Fitness with PAL 10:00 Walk n Roll 1:00 Visits with Mr. Socks 3:00 Zumba (CH) 6:00 Parkwood Service 7:15 Art and Craft	16 N 9:30 Self Care Day 10:00 Pet visits 10:30 Ball Scoop 1:30 Crochet Club (CH) 2:00 Painting 3:00 1:1 visits	17 N 9:00 1:1 Fitness with PAL 9:30 Movement Bingo (CH) 10:00 Pet Visits 10:30 Choir 1:30 Horse race 2:30 Word Game	18 D & M 9:30 Baking for Tea Party 10:30 Entertainment (CH) 1:30 Bewitching Tea 3:00 Main St. Walks
19 KAREN'S BDAY - D & M 9:30 Virtual Church & Hymns 10:30 Spooky Sing-Along 1:45 Tower Bingo 2:00 Finish the Line 3:00 Puzzles	20 N & M(L) 9:00 Fitness with PAL 10:30 For The Soul 1:30 Monday Manicures 2:30 Church on the Burg 6:00 Java Music on OC 7:15 Word Game	21 N (L) 1:30 Stories with Seamus (CH) 2:30 This or That 3:30 Move by Numbers 6:00 Horticulture Club (CC)	22 Diwali 9:00 Fitness with PAL 10:00 Walk n Roll 1:00 Visits with Mr. Socks 1:30 Diwali 3:00 Zumba (CH) 6:00 - Village Pub Night	23 D (L) 1:30 Crochet Club (CH) 1:30 Bean Bag Scoring 3:00 Ball Sort 6:00 Card Game High Score Wins 7:00 Sunset Walks on Main St.	24 N 9:00 1:1 Fitness with PAL 9:30 Movement Bingo (CH) 10:30 Music with Joe 1:30 Bean Bag toss 2:30 Halloween Quiz 3:30 Neighborhood Time	25 N 9:30 Power Hour With Nav 10:30 Entertainment (CH) 1:30 BINGO A"Burg 2:45 Finishing Vision board
26 N 9:30 Virtual Church & Hymns 10:30 Sunday Funday Social 1:30 KIDS HALLOWEEN PARADE 3:00 1:1 visits	27 D & M (L) 9:00 Fitness with PAL 10:30 For The Soul 1:30 Monday Manicures 2:30 Church on the Burg 6:00 Java on OC 7:15 Word Games	28 N (L) 1:30 Horse Race 2:30 Seasonal Crafts 3:30 Walk & Talk 6:00 Horticulture Club (CC)	29 N & D & M (L) 9:00 Fitness with PAL 1:00 Visits with Mr. Socks 1:30 - TLC ANIMAL VISITS 2:00 Monthly birthday bash 3:00 Zumba (CH) 6:00 Halloween Bingo	30 N 10:00 Pet visits 10:30 Ball scoop 1:30 Crochet Club (CH) 2:00 Movie Time 3:00 Halloween Decorations	31 Happy Halloween 9:00 1:1 Fitness with PAL 9:30 Movement Bingo (CH) 10:00 Skittles Halloween Party 10:30 Choir (CH) 1:30 1:1 visits Finishing Up calendars	