

OCTOBER

Ailsa Craig Neighbourhood

Legend

C—Chapel

TH—Town Hall

MF— Main Floor

TS—Town Square

SC—Social Club

FE—Front Entrance

L—Library

EM—Emma's

HS—Hobby Shop

JPL — Jack Purcell Lounge

BP— Back Patio

FC—Fitness Centre

MFC — Main Floor Café

PC—Patio Courtyard

● — Excursion/Sign up

◆ — Resident Run Program

■ — Entertainment

October is Women's History Month!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 National Seniors Day - Visit the Green Bench TS 10:30 Meeting of the Minds TH 10:30 Coffee & Chats 3 rd FL 11:00 VON Exercise JPL 3:00 Happy Hour MFC 3:00 Get Active JPL 3:00-4:00 Simple Alterations HS 4:00 Jeopardy JPL 2:30 & 7:30 Movie: "Michael Clayton" TH	2 Yom Kippur 10:15 Giant Crossword L 10:30 Bible Study C 10:30 Cribbage SC ◆ 11:00 VON Exercise JPL 2:30 TV Series: "Cranford" TH 3:00 Yarning for a Cause L 7:00 No Stress Bridge JPL ◆ 7:30 Bingo HS Barb's Produce 9-1 FE	3 World Smile Day 9:30 VON Exercise FC 10:30 Movie Crew Meeting HS 2:30 Corn Hole 4 th FL ◆ 2:30 Euchre SC ◆ 2:30 Entertainment: "New Horizons Big Band" TH ■ 2:30 Hand Therapy HS 3:30 World Smile Day Café MFC 7:30 Movie: "The Naked Gun" TH	4 10:15 Word Mining HS 11:15 Target Practice FC 1:30 Activity Package Pick-up HS 2:00 Knitting Club 4 th FL ◆ 2:30 Movie: "Raising Arizona" TH 2:45 Parallel Bars Balance FC 3:00 Happy Hour MFC
5 10:15 Giant Crossword L 11:00 DrumFIT FC 1:30 Open Art Studio HS 2:00 Euchre JPL ◆ 3:00 Chapel Service C 3:30 Fellowship MFC 4:00 Sunday Series: "Waiting for God" TH	6 Active Aging Week 9:30 Outing: Giant Tiger, Winners & Shoe Per Store ● 10:00 Better Balance FC 10:30 Catholic Communion C 11:00 VON Exercise JPL 3:00 Entertainment: "Kevin Coates" TS ■ 3:00 Better Balance JPL 4:30 Happy Hour 2 nd FL ◆ 7:30 Musical Mondays TH	7 Sukkot 10:30 Piano w/ Karen G. TS ■ 11:00 VON Exercise JPL 2:00 Bible Discussion JPL 2:30 Art Hour: Thanksgiving Cards HS 3:00 Praying the Rosary C 3:30 Stretch Class FC 7:30 Trivia HS 7:30 Seniors' Fireside Chat TH ◆	8 9:30 Chaplain's Café 3 rd FL 10:30 Meeting of the Minds TH ◆ 11:00 VON Exercise JPL 3:00 Music with Bill MFC 3:00-4:00 Simple Alterations HS 3:00-4:00 Bookmobile FE 2:30 & 7:30 Movie: "When Harry Met Sally" TH No Get Active Today	9 Barb's Produce 9-1 FE - Last Day! 10:00 Chair Yoga FC 10:15 Giant Crossword L 10:30 Bible Study C 11:00 VON Exercise JPL 10:30 Cribbage SC ◆ 2:30 TV Series: "Cranford" TH 3:00 Yarning for a Cause L 7:00 No Stress Bridge JPL ◆ 7:30 Bingo HS Adrian's Fashions 10-2 HS	10 World Mental Health Day - See Display in TS 9:30 VON Exercise FC 2:30 Corn Hole 4 th FL ◆ 2:30 Euchre SC ◆ 2:30 Hand Therapy FC 4:00 Happy Hour 3 rd FL ◆ 4:20 Happy Hour 4 th FL ◆ 2:30 & 7:30 Movie: "Thelma" TH	11 World Hospice and Palliative Care Day - See Display in TS 10:00 Doc: "Defining Hope" TH 10:15 Word Mining HS 11:15 Cornhole FC 2:00 Knitting Club 4 th FL ◆ 2:30 Movie: "Shape of Water" TH 3:00 Happy Hour MFC 7:30 Comedy Hour TH
12 10:15 Giant Crossword L 11:00 DrumFIT FC 1:30 Open Art Studio HS 2:00 Euchre JPL ◆ 3:00 Chapel Service C 3:30 Fellowship MFC 4:00 Sunday Series: "Waiting for God" TH	13 Thanksgiving 10:15 Colour Me Calm HS 10:30 Catholic Communion C 2:30 Euchre SC ◆ 3:00 Pie Social MFC 4:30 Happy Hour 2 nd FL ◆ 7:30 Musical Mondays: "Country Legends in Concert" TH No Exercise Classes Today	14 10:15 Men's Conversation Connection C 11:00 VON Exercise JPL 2:00 Bible Discussion JPL 2:30 Film of Faith TH 2:45 Art Hour: Autumn Painting HS 3:30 Stretch Class FC 7:30 Trivia HS 7:30 Seniors' Fireside Chat TH The Boutique 10-2 TS	15 9:30 Chaplain's Café 3 rd FL 10:30 Meeting of the Minds TH 11:00 VON Exercise JPL 2:00 Sitting Get Active FC 2:30 Residents' Council TH 3:00 Get Active JPL 3:30 Happy Hour w/ "Katie Lammert" MFC ■ 3:00-4:00 Alterations HS 7:30 Movie: "The Bucket List" TH	16 10:00 Chair Yoga FC 10:15 Giant Crossword L 10:30 Bible Study C 10:30 Cribbage SC ◆ 11:00 VON Exercise JPL 2:30 TV Series: "Cranford" TH 3:00 Yarning for a Cause L 7:00 No Stress Bridge JPL ◆ 7:30 Bingo HS Creations Boutique 10-2 HS	17 9:30 VON Exercise FC 10:00 Outing: Ikea FE ● 2:30 Corn Hole 4 th FL ◆ 2:30 Euchre SC ◆ 2:30 Hand Therapy HS 2:30 Food Committee Meeting L 4:00 Happy Hour 3 rd FL ◆ 4:20 Happy Hour 4 th FL ◆ 2:30 & 7:30 Movie: "The Grand Budapest Hotel" TH	18 10:15 Word Mining HS 11:00 Mini Putt FC 1:30 Activity Package Pick-up HS 2:00 Knitting Club 4 th FL ◆ 2:30 Movie: "Ghostbusters" TH 3:00 Happy Hour MFC

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● — Excursion/Sign-up

◆ —Resident Run Program

■ — Entertainment

Recreation programs are subject to change, date, time, and location.

For the most up-to-date schedule, please see the Today Boards posted on on the Main Floor.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 Spiritual Care Week 10:15 Guided Meditation L 11:00 DrumFIT FC 1:30 Open Art Studio HS 2:00 Euchre JPL ◆ 3:00 Chapel Service C 3:30 Fellowship MFC 4:00 Sunday Series: “Waiting for God” TH	20 Diwali 10:00 Outing: Chudleigh’s Entertainment Farm ● 10:30 Catholic Communion C 11:00 VON Exercise JPL 2:00 Sitting Get Active FC 2:30 Help Mobility VR Event TH 3:00 Better Balance JPL 4:30 Happy Hour 2 nd FL ◆ 7:30 Musical Mondays: “Andrew Lloyd Webber: Symphonic Suites:” TH	21 10:30 Piano w/ Karen G. TS ■ 11:00 VON Exercise JPL 2:00 Bible Discussion JPL 2:30 Art Hour: Yarn Pumpkins HS 3:30 Stretch Class FC 5:00 Special Movie Night & Pizza Dinner: “Gone with the Wind” TH *Sign-up Only 7:30 Fireside Chat L ◆ Traditions Alive 10-3 TS	22 Oktoberfest 9:30 Chaplain’s Café 3 rd FL 11:00 VON Exercise JPL 2:30 Movie: “The Guernsey Literary & Potato Peel Society” TH 3:00 Oktoberfest Games MFC 3:00 Get Active JPL 3-4 Alterations w/ Maria HS 3:00-4:00 Bookmobile FE 7:30 Oktoberfest Party w/ “The Black Forest Band” TS ■	23 10:00 Chair Yoga FC 10:15 Giant Crossword L 10:30 Bible Study C 10:30 Cribbage SC ◆ 11:00 VON Exercise JPL 2-4 Pharmacy Meet & Greet HS 2:30 Conversation Café JPL 3:00 Armchair Travels TH 3:00 Yarning for a Cause L 7:00 No Stress Bridge JPL ◆ 7:30 Bingo HS	24 9:30 VON Exercise FC 10:30 Guelph United Ministries Communion Service C 2:30 Corn Hole 4 th FL ◆ 2:30 Euchre SC ◆ 2:30 Hand Therapy HS 4:00 Happy Hour 3 rd FL ◆ 4:20 Happy Hour 4 th FL ◆ 2:30 & 7:30 Movie: “In the Line of Fire” TH	25 10:30-11:30 Intergenerational Program with the Guelph Embers MFC 2:00 Knitting Club 4 th FL ◆ 2:30 Movie: “Monsieur Hulot’s Holiday” TH 3:00 Happy Hour MFC 7:30 Comedy Hour
26 10:15 Giant Crossword L 11:00 DrumFIT FC 1:30 Open Art Studio HS 2:00 Euchre JPL ◆ 3:00 Chapel Service C 3:30 Fellowship MFC 4:00 Sunday Series: “Waiting for God” TH	27 10:00 Better Balance FC 10:15 Colour Me Calm HS 10:30 Catholic Communion C 11:00 VON Exercise JPL 2:30 Euchre SC ◆ 3:00 Better Balance JPL 4:30 Happy Hour 2 nd FL ◆ 7:30 “Neil Diamond: Live in Concert” TH	28 10:15 Men’s Conversation Connection C 11:00 VON Exercise JPL 2:30 Art Hour: Pumpkin Decorating HS 2:30 GATHER Group: Support for Grief and Loss L 3:30 Stretch Class FC 7:30 Trivia HS 7:30 Seniors’ Fireside Chat TH ◆	29 9:30 Chaplain’s Café 3 rd FL 10:30 Meeting of the Minds TH 11:00 VON Exercise JPL 3:00 Happy Hour MFC 3:00 Get Active JPL 3:00-4:00 Simple Alterations HS 2:30 & 7:30 Movie: “Erin Brockovich” TH	30 Pumpkin Contest TS 10:00 Chair Yoga FC 10:30 Bible Study C 10:30 Cribbage SC ◆ 10:30 Foundry Tavern FE ● 11:00 VON Exercise JPL 2:30 TV Series: “Cranford” TH 3:00 Birthday Party HS 3:00 Yarning for a Cause L 7:00 No Stress Bridge JPL ◆ 7:30 Bingo HS Bella Boutique 10-2 TS	31 Halloween - Dress up! 9:30 VON Exercise FC 2:30 Euchre SC ◆ 2:30 Corn Hole 4 th FL ◆ 2:30 Halloween Masquerade Party w/ Music by “Beautiful Noise” TH ■ 2:30 Hand Therapy HS 4:00 Happy Hour 3 rd FL ◆ 4:20 Happy Hour 4 th FL ◆ 7:30 Movie: “The Thursday Night Murder Club” TH	

Outings:

Giant Tiger, Winners, Shoe per Store - **Monday, October 6th at 9:30 AM FE**
Ikea and Lunch (Burlington) - **Friday, October 17th at 10:00 AM FE**
Chudleigh’s Entertainment Farm - **Monday, October 20th at 10:00 AM FE**
The Foundry Tavern - **Thursday, October 30th at 10:30 AM FE**

Shopping Shuttle:

Thursdays at 10:00 AM and 2:00 PM at the Front Entrance

***Please sign-up in the Main Lobby for all Outings/Shuttles**

Monthly Meetings:

Movie Crew Meeting - **Friday, October 3rd at 10:30 AM HS**
Food Committee Meeting - **Friday, October 17th 2:30 PM L**
Residents’ Council Meeting - **Wednesday, October 15th at 2:30 PM TH**

Special Movie Night: Tuesday, Oct 21st.

 **Film:** Gone with the Wind

 **Dinner:** \$5.00 Pizza Meal (includes pop & dessert)

Sign-up ONLY. Payment deadline: Friday, October 17th

Arbour Trails’ Annual Oktoberfest Celebrations

Wednesday, October 22

Join us for games, treats, and an evening of music with “The Black Forest Band!”

See posters for more details!