

OCTOBER


Downey

Legend

Do - Downey
Ha - Hagey
Jo - Johnston
Ma - Matthews
Po - Pollock

Wr - Wright
C - Chapel
CC - Community Centre
CY - Courtyard
FC - Fitness Centre

L - Library
MS - Main Street
RH - Retirement

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<div>1</div> <div>2:00 PEG Talk: Halloween (C) 3:00 Stepping Out 3:30 Balance Class (FC) 6:30 Documentary & Popcorn (CC)</div>	<div>2</div> <div>9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 Brains and Banter 12:30 Greenhouse Drop-In 2:00 Walk & Talk for Wellness 3:00 Manicure / Nail Care 6:30 Active Games (MS)</div>	<div>3</div> <div>10:30 Sit 'N Get Fit 11:00 You and Me 2:00 Bingo on Downey 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)</div>	<div>4</div> <div>9:30 Morning Stretches 10:30 Brain Games 2:00 Entertainment with Lynne & Rick (Ma) 3:30 Neighbourhood Time</div>
<div>5</div> <div>10:00 For the Soul 11:00 Stepping Out 2:00 Active Games 3:00 Manicures & Nail Care</div>	<div>6</div> <div>Active Aging Week 6-12 10:00 German Sausage Tasting 12:30 Greenhouse Drop-In 2:00 Movie Matinee (C) 3:15 You and Me 3:30 Total Body Fitness (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC)</div>	<div>7</div> <div>9:30 Rosary (C) 10:00 Discussion Group 10:45 Art with Sonal 11:00 Card/Dominos Game 1:00 Bus Outing 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 You & Me 6:30 In the Kitchen (CC)</div>	<div>8</div> <div>10:00 Contemplating Life with Mike (C) 2:00 You and Me 3:15 Circle of Friends 3:30 Balance Class (FC) 6:30 Games Night (CC)</div>	<div>9</div> <div>9:30 Chapel Service (C) 10:30 Zumba (FC) 10:30 Express Yourself 12:30 Greenhouse Drop-In 2:00 Oktoberfest Party with the Dynamic Duo (MS) 6:30 Active Games (MS)</div>	<div>10</div> <div>10:00 Circle of Friends 10:30 Sit 'N Get Fit For the Fun of Fit 2:00 Bingo on Pollock 3:30 You & Me 3:30 Active Games (FC) 6:30 Crafting Club (CC)</div>	<div>11</div> <div>10:00 Musical Moments 11:00 Autumn Apple Ciders 2:00 Family Games (MS) 3:15 You and Me</div>
<div>12</div> <div>10:00 For the Soul 11:00 The Weekend Perk 2:00 Thanksgiving Humor 3:00 Walk & Talk for Wellness</div>	<div>13</div> <div>Thanksgiving 10:00 Group Exercise 11:00 Tales of Thanksgiving 2:00 Travelling Cart: Sundaes 3:00 Stepping Out 6:30 Game Show Trivia (CC)</div>	<div>14</div> <div>9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 Daily Perk 6:30 Devotions (C)</div>	<div>15</div> <div>2:00 Games Show: Family Feud (C) 3:15 In the Kitchen 3:30 Balance Class (FC) 6:30 Games Night (CC)</div>	<div>16</div> <div>9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 Stepping Out 12:30 Greenhouse Drop-In 2:00 Circle of Friends 3:00 Movie & Popcorn 6:30 Active Games (MS)</div>	<div>17</div> <div>10:30 All Day Bus Outing 10:30 Sit 'N Get Fit 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)</div>	<div>18</div> <div>9:30 Weekend Perks 10:30 Halloween Craft 2:00 Entertainment with Barry (Wr) 3:30 Calendar Planning & Residents' Bill of Rights Meeting</div>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 Spiritual Care Week 19-25 10:00 For the Soul 11:00 October Trivia 2:00 Exercise with Danica 3:00 Brains & Banter	20 10:00 Walk & Talk for Wellness 11:00 Nail Care/ Manicure 12:30 Greenhouse Drop-In 2:00 Travelling Cart: Hot Chocolate 3:30 Total Body Fitness (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC)	21 9:30 Rosary (C) 10:00 Group Exercise 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 You & Me 6:30 In the Kitchen (CC)	22 10:00 Contemplating Life with Mike (C) 2:00 Food Committee (Do) 2:15 Express Yourself 3:00 In the Kitchen 3:30 Balance Class (FC) 6:30 Games Night (CC)	23 9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 Diceo 3-Dice Game 2:00 Resident’s Council (C) 2:15 Stepping Out 3:00 Classic Radio 6:30 Active Games (MS)	24 9:30 You & Me 10:30 Sit ‘N Get Fit 11:00 Stepping Out 2:00 Bingo on Pollock 3:30 Active Games (FC) 6:30 Crafting Club (CC)	25 10:00 Hymn Sing 11:00 Active Games 2:00 Entertainment with Jontue Elan (Jo) 3:15 You and Me
26 10:00 For the Soul 11:00 The Weekend Perk 2:00 Soothing Sensations 3:00 Stepping Out	27 10:00 Stepping Out 11:00 Dominos/Card Game 12:30 Greenhouse Drop-In 2:00 Travelling Cart: General Store 3:30 Total Body Fitness (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC)	28 9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 Brains & Banter 6:30 Devotions (C)	29 10:30 Oktoberfest Music with Henry & Caitlin (C) 2:00 Tim Hortons Social 3:00 Stepping Out 3:30 Balance Class (FC) 6:30 Games Night (CC)	30 9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 All About Halloween 12:30 Greenhouse Drop-In 2:00 Boo-tiful Memories 6:30 Active Games (MS)	31 Halloween 9:00 Bus Outing 10:30 Sit ‘N Get Fit 2:00 Halloween Event (MS) 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)	

Outings:
October 7th - Walmart
October 17th - Anna Mae’s Restaurant
October 31st - Conestoga Mall

Your Recreation Team:
Full-Time - Pearl
Part-Time - Danica

Calendar Planning and Resident Bill of Rights
We invite you to attend this meeting on your neighbourhood. Learn about your Bill of Rights. Have your input as we plan next month’s activities, programs, and outings!
Hosted by your Recreation Team Member.