

# OCTOBER




Johnston

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>9:15 Art with Sonal 10:00 You &amp; Me 11:00 Cornhole 2:00 PEG Talk: Halloween (C) 3:30 Balance Class (FC) 3:30 Express Yourself 6:30 Documentary &amp; Popcorn (CC)</div>	<div>2</div> <div>9:30 Chapel Service (C) 10:00 Green Thumbs 10:30 Zumba (FC) 12:30 Greenhouse Drop-In 1:00 Outing 6:30 Active Games (MS)</div>	<div>3</div> <div>2:00 Horse Races 3:30 Banded Strength (FC) 3:30 Drum Fit 6:30 Crafting Club (CC)</div>	<div>4</div> <div>9:00 Weekend Perks 10:00 Tim Horton's Travelling Cart 2:00 Entertainment with Lynne &amp; Rick (Ma)</div> <div></div>
<div>5</div> <div>11:00 You and Me 2:00 Bingo 5:00 Circle of Friends</div>	<div>6</div> <div>Active Aging Week 6-12</div> <div>10:00 Brains &amp; Banter 10:30 Sit 'N Get Fit 11:00 Express Yourself 12:30 Greenhouse Drop-In 2:00 Movie Matinee (C) 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)</div>	<div>7</div> <div>9:30 Rosary (C) 10:30 Baby Jamboree 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In the Kitchen (CC)</div> <div></div>	<div>8</div> <div>9:15 Art with Sonal 10:00 Soothing Sensations 10:00 Contemplating Life with Mike (C) 1:30 Polka Hour (Jo) 3:00 Calendar Planning and Resident Bill of Rights 3:30 Balance Class (FC) 3:30 Soothing Sensations 6:30 Games Night (CC)</div>	<div>9</div> <div>9:30 Chapel Service (C) 10:00 Green Thumbs 10:30 Zumba (FC) 12:30 Greenhouse Drop-In 2:00 Oktoberfest Party with the Dynamic Duo (MS) 6:30 Active Games (MS)</div>	<div>10</div> <div>9:30 Short Stories 10:30 Neighbourhood Time 2:00 Stepping Out 3:30 Active Games (FC) 6:30 Crafting Club (CC)</div>	<div>11</div> <div>9:30 Keep it up 11:00 Drum Fit 2:00 Family Games (MS)</div>
<div>12</div> <div>10:00 For the Soul 11:15 Finn Walking Group 2:00 BINGO!</div>	<div>13</div> <div>Thanksgiving</div> <div>9:00 Neighbourhood Time 10:00 Express Yourself 1:30 In the Kitchen 2:30 Travelling Cart 6:30 Game Show Trivia (CC)</div>	<div>14</div> <div>9:00 You and Me 9:30 Rosary (C) 10:30 Baby Jamboree 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 Devotions (CC)</div>	<div>15</div> <div>9:15 Art with Sonal 10:00 You &amp; Me 11:00 Zumba 2:00 Games Show: Family Feud (C) 3:30 Balance Class (FC) 6:30 Games Night (CC)</div>	<div>16</div> <div>9:30 Chapel Service (C) 10:00 Green Thumbs 10:30 Zumba (FC) 12:30 Greenhouse Drop-In 2:00 Manicures 3:30 Let's Colour 6:30 Active Games (MS)</div>	<div>17</div> <div>2:00 Bowling 3:30 Banded Strength (FC) 3:30 Mindful Meditation 6:30 Crafting Club (CC)</div>	<div>18</div> <div>9:00 Weekend Perks 9:15 Art with Sonal 10:30 Stepping Out 2:00 Entertainment with Barry (Wr)</div>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19 Spiritual Care Week 19-25</b> 11:00 You and Me 2:00 Bingo 5:00 Circle of Friends	<b>20</b> 10:00 Java Music 10:30 Sit 'N Get Fit 11:00 You and Me 12:30 Greenhouse Drop-In 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	<b>21</b> 9:30 Rosary (C) 10:30 Baby Jamboree 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In the Kitchen (CC)	<b>22</b> 9:15 Art with Sonal 10:00 Soothing Sensations 2:00 Food Committee (Do) 2:00 Traveling Treat Cart 3:30 Balance Class (FC) 3:30 Brains and Banter 6:30 Games Night (CC)	<b>23</b> 9:30 Chapel Service (C) 10:30 Zumba (FC) 2:00 Resident's Council (C) 3:00 Manicures 4:00 Let's Colour 6:30 Active Games (MS)	<b>24</b> 9:30 Short Stories 10:30 Neighbourhood Time 2:00 Stepping Out 3:30 Active Games (FC) 6:30 Crafting Club (CC)	<b>25</b> 9:15 Art with Sonal 10:00 Daily Perk 11:00 Brains & Banter 2:00 Entertainment with Jontue Elan (Jo) 3:30 Brain Games 
<b>26</b> 10:00 For the Soul 11:15 Finn Walking Group 2:00 BINGO! 3:00 Pumpkin Carving	<b>27</b> 10:00 Apple Cider Travelling Cart 10:30 Sit 'N Get Fit 12:30 Greenhouse Drop-In 2:00 Express Yourself 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	<b>28</b> 9:00 Outing 9:30 Rosary (C) 10:30 Baby Jamboree 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 Devotions(CC)	<b>29</b> 9:15 Art with Sonal 10:30 Oktoberfest Music with Henry & Caitlin (C) 2:00 Baking Halloween cookies 3:30 Balance Class (FC) 6:30 Games Night (CC)	<b>30</b> 9:30 Chapel Service (C) 10:00 Green Thumbs 10:30 Zumba (FC) 12:30 Greenhouse Drop-In 2:00 Manicures 3:30 Let's Colour 6:30 Active Games (MS)	<b>31 Halloween</b> 2:00 Halloween Event (MS) 3:30 Banded Strength (FC) 6:30 Crafting Club (CC) 	

### Outings:

October 2 - Country Drive and Tim Hortons with Julia  
October 28 - Van Outing to Goodwill with Julia

### Your Recreation Team:

Full-Time - Julia  
Part-Time - Sydney

### 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.