

OCTOBER


Matthews

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>9:30 You & Me 10:30 Sit 'N Get Fit (Wr) 10:30 Balloon Badminton 10:45 Art with Sonal 2:00 PEG Talk: Halloween (C) 3:15 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) 12:30 Greenhouse Drop-In 2:00 Let's Do a Craft! 3:30 Green Thumbs 3:00 Stepping Out 6:30 Active Games (MS)</div>	<div>3</div> <div>9:00 Soothing Sensations 10:00 Bingo (Ma) 2:00 Express Yourself 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)</div>	<div>4</div> <div>9:00 Neighbourhood Time 10:30 Card Games 2:00 Entertainment with Lynne & Rick (Ma) 3:00 Stepping Out</div>
<div>5</div> <div>9:00 Weekly Perks 10:00 For the Soul 10:15 In the Kitchen 2:00 Express Yourself</div>	<div>6</div> <div>Active Aging Week 6-12 12:30 Greenhouse Drop-In 2:00 Movie Matinee (C) 3:30 Stepping Out 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)</div>	<div>7</div> <div>9:30 Rosary (C) 10:15 For the Fun of Fit 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In the Kitchen (CC)</div>	<div>8</div> <div>10:00 Contemplating Life with Mike (Chapel) 10:30 Sit 'N Get Fit (Wr) 10:45 Art with Sonal 2:00 Express Yourself 3:30 Balance Class (FC) 6:30 Games Night (CC)</div>	<div>9</div> <div>9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 You and Me 12:30 Greenhouse Drop-In 2:00 Oktoberfest Party with the Dynamic Duo (MS) 3:30 Green Thumbs 6:30 Active Games (MS)</div>	<div>10</div> <div>9:00 Outing 10:00 Bingo (Wr) 2:00 Stepping Out 3:30 Active Games (FC) 6:30 Crafting Club (CC)</div>	<div>11</div> <div>9:30 Weekend Walks 10:30 Brain Games 2:00 Family Games (MS) 3:00 Daily Perk</div>
<div>12</div> <div>9:30 Morning Stretches 10:00 For the Soul 11:15 Stepping Out 2:00 Scarecrow Races 3:00 Manicures and Music</div>	<div>13</div> <div>Thanksgiving 9:00 Art and Craft 10:30 Residents Bill of Rights and Calendar Planning Meeting 2:00 Movie with Popcorn 6:30 Game Show Trivia (CC)</div>	<div>14</div> <div>9:00 Outing 9:30 Rosary (C) 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 Devotions (C)</div>	<div>15</div> <div>9:30 Morning Stretches 10:30 Sit 'N Get Fit (Wr) 11:00 Stepping Out 10:45 Art with Sonal 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) 10:30 Zumba (FC) 12:30 Greenhouse Drop-In 1:00 Outing 3:30 Stepping Out 3:30 Green Thumbs 6:30 Active Games (MS)</div>	<div>17</div> <div>9:00 Soothing Sensations 10:00 Bingo (Ma) 2:00 Manicure and Music 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)</div>	<div>18</div> <div>9:00 Neighbourhood Time 10:00 For the Fun of Fit 2:00 Entertainment with Barry (Wr) 3:00 Stepping Out</div>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 Spiritual Care Week 19-25 9:30 Weekly Perks 10:00 For the Soul 1:30 In the Kitchen 3:30 You and Me	20 12:30 Greenhouse Drop-In 2:00 Curling 3:30 Brains and Banter 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	21 9:30 Rosary (C) 10:15 For the Fun of Fit 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In the Kitchen (CC)	22 10:00 Contemplating Life with Mike (Chapel) 10:30 Sit 'N Get Fit (Wr) 10:45 Art with Sonal 2:00 Food Committee (Do) 2:15 Brain and Banters 3:30 Balance Class (FC) 6:30 Games Night (CC)	23 9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 Circle of Friends 2:00 Resident's Council (C) 6:30 Active Games (MS)	24 9:00 Soothing Sensations 10:00 Bingo (Wr) 2:00 Express Yourself 3:30 Active Games (FC) 6:30 Crafting Club (CC)	25 9:30 Morning Stretches 10:00 Soothing Sensations 10:30 Card Games 2:00 Entertainment with Jontue Elan (Jo)
26 9:30 Neighbourhood Time 10:00 For the Soul 11:15 Coffee and Discussion 2:00 Bowling 3:15 Manicures and Music	27 9:00 Art and Craft 10:30 All About Halloween 12:30 Greenhouse Drop-In 2:00 Stepping Out 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	28 9:30 Rosary (C) 10:00 For the Fun of Fit 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 Devotions (C)	29 9:30 Brains & Banter 10:30 Sit 'N Get Fit (Wr) 10:30 Oktoberfest Music with Henry & Caitlin (C) 10:45 Art with Sonal 2:00 Let's Puzzle 3:00 Neighbourhood Time 3:30 Balance Class (FC) 6:30 Games Night (CC)	30 9:30 Chapel Service (C) 10:30 Zumba (FC) 12:30 Greenhouse Drop-In 2:00 In the Kitchen 3:30 Green Thumbs 3:30 You and Me 6:30 Active Games (MS)	31 Halloween 9:00 Soothing Sensations 10:00 Bingo (Ma) 2:00 Halloween Event (MS) 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)	

Outings:

October 10: Van Outing to Oktoberfest with Harman
October 14: Van Outing to Shuh Orchards with Harman
October 16 : Van Outing to Fall Harvest Farm with Jacobi

Your Recreation Team:

Full-Time - Harman
Part-Time - Jacobi

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.