



# OCTOBER

## Perry Neighbourhood

**Legend**

CC- Community Centre    OA- Open Area  
TH—Town Hall            C- Courtyard  
MS– Main Street         L—Library  
SC—Social Club         T- Traveling

CK - Country Kitchen  
FC—Fitness Centre  
P- Parlour

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> PM Neighbourhood Time  PM Musical Moments - OA  PM Fall Decorating - OA	<b>2        Yom Kippur</b> PM Neighbourhood Time PM Express Yourself - CK PM Hymn Sing- OA 6:15 Trivia - FC	<b>3        National Smile Day</b> PM Neighbourhood Time  PM Circle of Friends - OA  PM Stepping Out - T	<b>4</b> PM Neighbourhood Time  2:30pm Entertainment - MS  PM You and I - T
<b>5</b> AM Church Service - TH PM Neighbourhood Time PM Sunday Social - L PM Soothing Sensations - P	<b>6</b> PM Neighbourhood Time  3pm Drum Fit - SC  PM Ice Cream Social - L	<b>7</b> 10:30 am Drum Fit Competition PM Neighbourhood Time PM Brains and Banter - OA PM Soothing Sensations - P 6:30 pm Musical Moments - FC	<b>8</b> 11am Bible Study PM Neighbourhood Time PM For the Fun of Fit - OA 6:30 pm Pub Night with Ryan Andrews - MS	<b>9</b> 8 AM Breakfast Club - CC PM Neighbourhood Time PM Hymn Sing - OA PM Brains and Banter - OA	<b>10</b> PM Neighbourhood Time  PM You and I - T  PM Musical moments - OA	<b>11</b> PM Neighbourhood Time  PM Bingo - FC  PM Stepping Out - T
<b>12</b> AM Church Service - TH  PM Neighbourhood Time  PM Sunday Social	<b>13        Thanksgiving</b> PM Neighbourhood Time  PM Wine and Cheese Social - L  PM Ice Cream Social - P	<b>14</b> PM Neighbourhood Time  PM Express Yourself - CK  PM Circle of Friends- OA 6:30pm Bingo - FC	<b>15</b> 11 am Bible Study PM Neighbourhood Time 2:30 pm Birthday Party Entertainment - MS PM For the Fun of Fit - OA	<b>16</b> AM Anglican Service - TH PM Neighbourhood Time PM Hymn Sing - OA PM For the Soul - OA 6:15pm Trivia - FC	<b>17</b> PM Neighbourhood Time  PM Java Music Club- CK  PM Manicures - T	<b>18</b> PM Neighbourhood Time  PM Bingo - FC  PM You and I - T
<b>19</b> AM Church Service PM Neighbourhood Time PM Sunday Social - L PM Stepping Out - T	<b>20        Diwali</b> PM Neighbourhood Time  PM Circle of Friends - OA  PM Ice Cream Social - L	<b>21</b> PM Neighbourhood Time  PM Brains and Banter - OA  PM Soothing Sensations - P 6:30pm Men’s Social - MS	<b>22</b> 11am Bible Study PM Neighbourhood Time 2:30pm Resident Planning - MS PM For the Fun of Fit - OA	<b>23</b> PM Neighbourhood Time 2:30 pm Express Yourself - CC PM Hymn Sing -OA 6:15pm Halloween Movie Night - FC	<b>24</b> 10 am Catholic Mass 2:30pm Resident council - FC PM Neighbourhood Time PM For the Soul - OA PM Musical moments - OA	<b>25</b> PM Neighbourhood Time  PM Halloween Bingo - FC  PM Stepping Out - T
<b>26</b> AM Church Service PM Neighbourhood Time PM Sunday Social - L PM Soothing Sensations - P	<b>27</b> PM Neighbourhood Time  PM Fall Leaf Tour  PM Ice Cream Social - L	<b>28</b> PM Neighbourhood Time PM Manicures - T PM Brains and banter - OA 6:30pm Bingo - FC	<b>29</b> 11am Bible Study 12 PM Diners Club - L PM Neighbourhood Time PM In the Kitchen - CK PM For the Fun of Fit - OA	<b>30</b> PM Neighbourhood Time 2:30pm Halloween Entertainment - MS PM Hymn Sing - OA 6:15pm Halloween Trivia - FC	<b>31        Halloween</b> AM Halloween Java Music Club - L PM Neighbourhood Time PM Costume Parade - MS	

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## Living In My Today Program Descriptions

Our emphasis is on developing relationships, while the experience of those living with dementia forms the foundation of The Five Pillars of LIVING in My Today.

### The Five Pillars

- Meaningful and Active Engagement;
- Enjoyable Mealtimes;
- Empowered Care Partners;
- Thoughtful Design;
- Supportive Approaches to Care.

### New Program Descriptions

We are now using broad program names on our calendars to maintain flexibility and ensure engagement for all residents. This approach keeps programming dynamic, inclusive, and responsive to the community's evolving needs.

## New Program Descriptions Neighbourhood Time

- Neighbourhood time sets up shared living spaces with resources to catch resident's attention and invite them to give them a try.

### In The Kitchen

- Creates moments of opportunity for reminiscence, learning, and fellowship through its recognition that the kitchen is not only used to prepare and consume food. Replaces; Baking, cooking, etc.

### Circle of Friends

- Creates intentional opportunities for residents to cultivate new connections in a supportive environment that promotes shared experiences and camaraderie. Replaces; Tea & Chats, News & Views, etc.

### Brains & Banter

- A stimulating and social activity, combining engaging brain games with lively conversation. Replaces; Trivia, Word Games, & Puzzles.

### Musical Moments

- Supports residents to engage with music in meaningful ways. Replaces; Music on Demand, Sing-Alongs, etc.

## New Program Descriptions Stepping Out

- A guided walk that supports residents to enjoy the outdoors and village community. Replaces; Walk & Talks, Walks on Main Street, etc.

### You & I

- Replaces One to One & Friendly Visits

### For the Fun of Fit

- Fitness activities that focus on having fun and building relationships, while also challenging hand-eye coordination, balance, and range of motion. Replaces; Active Games, Mini Putt, Bean Bag Toss, etc.

### Express Yourself

- Honours creativity and creates a supportive environment for residents to explore and express themselves. Replaces; Crafts or anything creative.

### Soothing Sensations

- A program that focuses on sensory enrichment. Replaces; Sensory programming

### For the Soul

- Spiritual programs that connect us to others. Replaces; Spiritual programs, Gratitude Circles, & Joke programs.