

OCTOBER


Pollock

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>9:00 Neighbourhood Time 10:00 Calendar Hang-up! 11:00 Stepping Out 1:15 Art with Sonal 2:00 PEG Talk: Halloween (C) 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 Active Games 12:30 Greenhouse Drop-In 2:00 Green Thumbs 6:30 Active Games (MS)</div>	<div>3</div> <div>2:00 Bingo on Downey 3:30 Manicures & Nail Care 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)</div>	<div>4</div> <div>9:00 Brains & Banter 10:00 Express Yourself 2:00 Entertainment with Lynne & Rick (Ma)</div>
<div>5</div> <div>10:00 For the Soul 11:00 Stepping Out 4:00 Manicures</div>	<div>6</div> <div>Active Aging Week 6-12 12:30 Greenhouse Drop-In 2:00 Movie Matinee: Sister Act (C) 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)</div>	<div>7</div> <div>9:30 Rosary (C) 10:00 Active Games 10:30 Sit 'N Get Fit 11:00 Stepping Out 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In the Kitchen (CC)</div>	<div>8</div> <div>9:00 Neighbourhood Time 10:00 Contemplating Life with Mike (C) 11:00 Card Bingo 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 Brains & Banter 12:30 Greenhouse Drop-In 2:00 Oktoberfest Party with the Dynamic Duo (MS) 2:00 Green Thumbs 6:30 Active Games (MS)</div>	<div>10</div> <div>9:00 Brains & Banter 2:00 Bingo on Pollock 3:30 Active Games (FC) 6:30 Crafting Club (CC)</div>	<div>11</div> <div>9:00 The Daily Perk 10:00 Neighbourhood Time 2:00 Family Games (MS)</div>
<div>12</div> <div>10:00 For the Soul 11:00 Neighbourhood Time 2:00 In the Kitchen 4:00 Soothing Sensations</div>	<div>13</div> <div>Thanksgiving 2:00 Thanksgiving Trivia 3:00 Card Bingo! 6:30 Game Show Trivia (CC)</div>	<div>14</div> <div>9:30 Rosary (C) 10:30 Sit 'N Get Fit 11:00 Stepping Out 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 Devotions (C)</div>	<div>15</div> <div>9:00 Neighbourhood Time 11:00 Stepping Out 2:00 Game 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) 10:30 Brains & Banter 12:30 Greenhouse Drop-In 2:00 Tim Hortons Travelling Cart 2:00 Green Thumbs 6:30 Active Games (MS)</div>	<div>17</div> <div>2:00 Bingo on Downey 3:30 Stepping Out 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)</div>	<div>18</div> <div>9:00 The Daily Perk 10:00 Art with Sonal & Summit: Halloween Craft 2:00 Entertainment with Barry (Wr)</div>

OCTOBER


Pollock

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
19 Spiritual Care Week 19-25 10:00 For the Soul 11:00 Stepping Out 2:00 In the Kitchen 3:30 Manicures	20 12:30 Greenhouse Drop-In 1:00 Calendar Planning & Bill of Rights Meeting 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	21 9:30 Rosary (C) 10:30 Sit 'N Get Fit 11:00 Stepping Out 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In the Kitchen (CC)	22 9:00 Neighbourhood Time 10:00 Contemplating Life with Mike (C) 11:00 Card Bingo 1:15 Art with Sonal 2:00 Food Committee (Do) 3:30 Balance Class (FC) 6:30 Games Night (CC)	23 9:30 Chapel Service (C) 10:30 Zumba (FC) 1:00 Bus Outing 2:00 Resident's Council (C) 6:30 Active Games (MS)	24 9:00 Brains & Banter 2:00 Bingo on Pollock 3:30 Active Games (FC) 6:30 Crafting Club (CC)	25 9:00 Brains & Banter 10:00 Neighbourhood Time 1:15 Art with Sonal & Summit 2:00 Entertainment with Jontue Elan (Jo)
26 10:00 For the Soul 11:00 Stepping Out 3:00 Movie Time! 3:30 Manicures	27 12:30 Greenhouse Drop-In 1:00 Hello Pollock! 3:00 Soothing Sensations 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	28 9:30 Rosary (C) 10:30 Sit 'N Get Fit 11:00 Stepping Out 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 Devotions (C)	29 9:00 Neighbourhood Time 10:30 Oktoberfest Music with Henry & Caitlin (C) 1:15 Art with Sonal 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 1:00 Van Outing 2:00 Green Thumbs 6:30 Active Games (MS)	31 Halloween 1-4pm Massage Therapy Students *Sign-up Required* 2:00 Halloween Event (MS) 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)	

Outings:
October 23rd - Anna Mae's
October 30th - St. Jacobs Market

Your Recreation Team:
Full-Time - Summit
Part-Time -

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.