

# OCTOBER


Wright

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>10:00 Java Music Club 10:30 Sit 'N Get Fit 2:00 PEG Talk: Halloween (C) 3:30 You and Me 3:30 Balance Class (FC) 6:30 Documentary &amp; Popcorn (CC)</div>	<div>2</div> <div>9:30 Chapel Service (C) 10:30 Zumba (FC) 12:30 Greenhouse Drop-In 2:30 Arts and Crafts 6:30 Active Games (MS)</div>	<div>3</div> <div>10:00 Bingo 1:00 Massage Students Visits 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)</div>	<div>4</div> <div>10:00 Balloon Badminton 11:00 Brains and Banter 2:00 Entertainment with Lynne &amp; Rick (Ma) 3:30 Card Games</div>
<div>5</div> <div>10:00 For the Soul 11:00 Bean Bag Toss 1:30 Stepping Out 3:00 Card Bingo</div>	<div>6</div> <div>Active Aging Week 6-12 10:00 Green Thumbs 11:00 Balloon Badminton 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>9:15 Art with Sonal 9:30 Rosary (C) 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 4:00 Manicures 6:30 In the Kitchen</div>	<div>8</div> <div>9:30 Bowling 10:30 Sit 'N Get Fit 1:30 Patio Time 2:30 Stepping Out 3:30 Balance Class (FC) 6:30 Games Night (CC)</div>	<div>9</div> <div>9:30 Chapel Service (C) 10:30 Zumba (FC) 12:30 Greenhouse Drop-In 1:00 Outing to Splitsville 2:00 Oktoberfest Party with the Dynamic Duo (MS) 6:30 Active Games (MS)</div>	<div>10</div> <div>10:00 Bingo 2:00 Resident Bill of Rights and Calendar Planning Meeting 3:30 Active Games (FC) 6:30 Crafting Club (CC)</div>	<div>11</div> <div>10:00 Stepping Out 11:00 You and Me 2:00 Family Games (MS) 4:00 Patio Time</div>
<div>12</div> <div>10:00 For The Soul 11:00 Daily Perk 2:00 In the Kitchen 3:00 Circle of Friends</div>	<div>13</div> <div>Thanksgiving 1:00 Stepping Out 3:00 Card Bingo 6:30 Game Show Trivia (CC)</div>	<div>14</div> <div>9:15 Art with Sonal' 9:30 Rosary (C) 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 4:00 Manicures 6:30 Devotions (CC)</div>	<div>15</div> <div>10:00 Scarecrow Races 10:30 Sit 'N Get Fit 1:30 Music with Henry 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 2:30 Card Games 6:30 Active Games (MS)</div>	<div>17</div> <div>10:00 Bingo 10:30- 3:00- Outing to Anna Mae 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)</div>	<div>18</div> <div>10:00 Balloon Badminton 11:00 Express Yourself 2:00 Entertainment TBD (Wr) 3:30 You and Me</div>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19 Spiritual Care Week 19-25</b> 10:00 For the Soul 11:00 Bean Bag Toss 2:00 You and Me 3:00 Card Bingo	<b>20</b> 10:00 Green Thumbs 11:00 Parachute Fun 12:30 Greenhouse Drop-In 2:00 Scarecrow Racing 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	<b>21</b> 9:15 Art with Sonal 9:30 Rosary (C) 2:00 Bingo (MS) 4:00 Manicures 3:15 Hand Therapy (FC) 6:30 In the Kitchen (CC)	<b>22</b> 9:30 Bowling 10:30 Sit 'N Get Fit 2:00 Food Committee (Do) 2:30 Stepping Out 3:30 Balance Class (FC) 6:30 Games Night (CC)	<b>23</b> 9:30 Chapel Service (C) 10:30 Zumba (FC) 2:00 Resident's Council (C) 2:30 Movie and Stars Brains and Banter. 6:30 Active Games (MS)	<b>24</b> 10:00 Bingo 1:00 Outing to Walmart 2:00 Board Games 3:30 Active Games (FC) 6:30 Crafting Club (CC)	<b>25</b> 10:00 Stepping Out 11:00 Neighbourhood Time 2:00 Entertainment with Jontue Elan (Jo)
<b>26</b> 10:00 For the Soul 11:00 Daily Perk 2:00 In the Kitchen 3:00 Circle of friends	<b>27</b> 10:00 Green Thumbs 12:30 Greenhouse Drop-In 1:00 Express Yourself 2:30 Card Bingo 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	<b>28</b> 9:15 Art with Sonal 9:30 Rosary (C) 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 4:00 Manicures 6:30 Devotions (CC)	<b>29</b> 10:30 Sit 'N Get Fit 10:30 Oktoberfest Music with Henry & Caitlin (C) 2:00 National Cat day - Circle of friends 3:30 Balance Class (FC) 6:30 Games Night (CC)	<b>30</b> 9:30 Chapel Service (C) 10:30 Zumba (FC) 12:30 Greenhouse Drop-In 2:00 Trip to main street 6:30 Active Games (MS)	<b>31 Halloween</b> 10:00 Bingo 2:00 Halloween Event (MS) 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)	

**Outings:**  
October 9<sup>th</sup> Splitsville 1pm  
October 17<sup>th</sup> Anna Mae's 10:30am  
October 24<sup>th</sup> Walmart 1:00pm

**Your Recreation Team:**  
Full-Time - Tiffany  
Part-Time - Deepinder

**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.