

OCTOBER

Ailsa Craig Neighbourhood

Legend

C—Chapel

TH—Town Hall

MF— Main Floor

TS—Town Square

SC—Social Club

FE—Front Entrance

L—Library

EM—Emma’s

HS—Hobby Shop

JPL — Jack Purcell Lounge

BP— Back Patio

FC—Fitness Centre

MFC — Main Floor Café

PC—Patio Courtyard

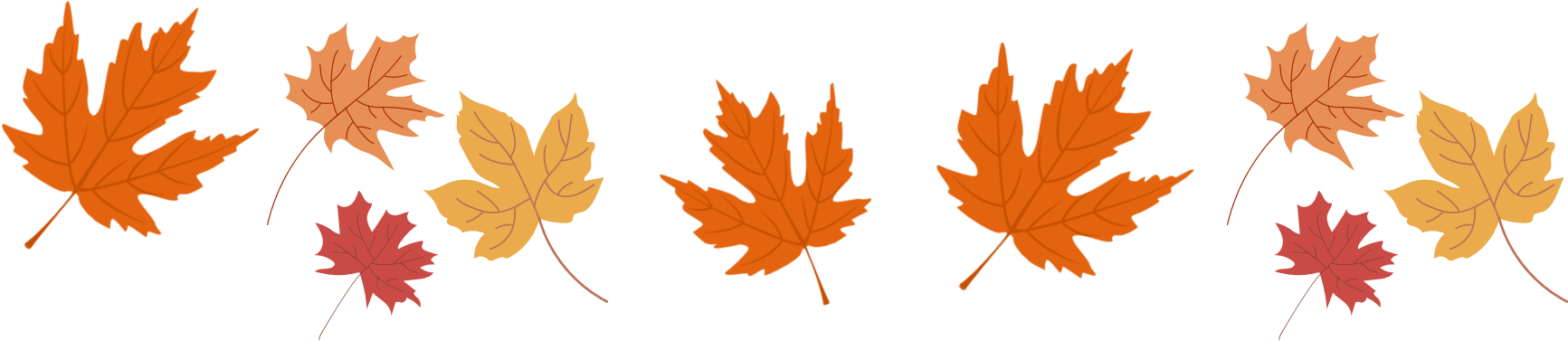
● — Excursion

◆ — Resident Run Program

■ — Entertainment

Please note: Program dates, times and locations are subject to change.

For the most up-to-date schedule, please see the Today Boards posted on the Main Floor.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Int’l Day for Older Persons 10:00 Chair Yoga FC 10:30 Bible Study C 2:30 Sing-Along Series TH 2:30 Core Confidence FC 7:00 No Stress Bridge JPL ◆ 7:30 Bingo HS Barb’s Produce 9-1 FE	2 World Smile Day 9:00 Tai Chi JPL ◆ 10:30 TED Talks & Discussion JPL 1:30 Betting Bingo! JPL 2:30 Entertainment: “Erin Marie” TH ■ 2:30 Corn Hole 2 nd FL 3:00 Total Body Fitness JPL 4:00 Happy Hour 3 rd FL 4:20 Happy Hour 4 th FL 7:30 Movie: “Minority Report”	3 9:00 Tai Chi JPL ◆ 10:00 Crokinole JPL ◆ 10:15 Greenhouse Gathering HS 11:15 Word Mining HS 2:00 Knitting Club 2 nd FL ◆ 2:30 Movie: “Finding Forrester” TH 2:45 Active Intervals FC 3:00 Happy Hour MFC
4 10:15 Giant Crossword L 11:15 Seated Zumba FC 1:30 Shake Loose A Memory Reminiscing Game HS 2:00 Euchre JPL ◆ 3:00 Chapel Service C 3:45 Fellowship MFC 4:00 Sunday Series: “Father Brown” TH	5 Active Aging Week 9:00 Tai Chi JPL ◆ 10:30 Catholic Communion C 11:00 VON Exercise JPL 2:00 PAL Wellness Fair FC 2:00 Book Club Meeting 2 nd FL 3:00 Better Balance JPL 3:45 Hand Therapy JPL 4:30 Happy Hour 2 nd FL 7:30 Musical Mondays: “Leonard Cohen: Live in Concert” TH	6 Cameron Cards 10:30-2 TS 10:15 Doc: “Autumn: a Symphony of Survival” TH 10:30 Piano w/ Karen G. TS ■ 2:00 Drop-in Cornhole FC 2-4:30 All-Candidates Meeting Livestream TH 3:00 Praying the Rosary C 3:30 Stretch Class FC 3:45 Art Hour: Painting Autumn Landscapes HS 7:30 Trivia HS	7 9:00 Tai Chi JPL ◆ 9:30 Excursion: Grand River Boat Cruise ● *Sign Up Full 10:00 Chaplain’s Café 3 rd FL 11:00 VON Exercise JPL 12:00 VON Balance Series JPL 3-4 Bookmobile FE 3:00 Get Active JPL 2:30 & 7:30 Movie: “Tender Mercies” TH	8 10:00 Chair Yoga FC 10:30 Bible Study C 2:30 Arboretum Hike FE *Sign Up 2:30 Armchair Traveller: Australia TH 3:45 Travellers’ Cafe MFC 7:00 No Stress Bridge JPL ◆ 7:30 Bingo HS The Boutique 10-2:30 TS Barb’s Produce 9-1 FE	9 9:00 Tai Chi JPL ◆ 10:00 Excursion: Crawford Lake Hike & Lunch ● 2:30 Corn Hole 2 nd FL 2:30 Seated Dance Class TH *No Total Body Fitness 4:00 Happy Hour 3 rd FL 4:20 Happy Hour 4 th FL 7:30 Movie: “Midnight Cowboy” TH	10 World Mental Health Day World Palliative Care Day 9:00 Tai Chi JPL ◆ 9:30 Excursion: Erin Fall Fair ● 10:00 Crokinole JPL ◆ 2:00 Knitting Club 2 nd FL ◆ 2:30 Movie: “Jerry & Margo Go Large” TH 2:30 Betting Bingo! JPL 3:00 Happy Hour MFC 4:00 Singing & Easy Listening Group JPL
11 10:15 Giant Crossword L 11:15 Seated Zumba FC 1:30 Shake Loose A Memory Reminiscing Game HS 2:00 Euchre JPL ◆ 3:00 Chapel Service C 3:45 Fellowship MFC 4:00 Sunday Series: “Father Brown” TH	12 Thanksgiving 10:30 Catholic Communion C 2:30 Film of Faith: “An Old-Fashioned Thanksgiving” TH 3:00 Pie Social MFC 4:30 Happy Hour 2 nd FL 7:30 Musical Mondays: “Beethoven: Symphony No. 9” TH *No Fitness Classes Today	13 10:15 Documentary: “Unseen Scottish Highlands” TH 10:15 Men’s Conversation Connection C 2:30 Lifelong Learners: Intentional Eating TH 3:30 Stretch Class FC 3:45 Art Hour: Pumpkins HS 7:30 Trivia HS Cavery Women’s Clothing 10-2 TS	14 9:00 Tai Chi JPL ◆ 9:45 Excursion: Life of Bees Farm ● 10:00 Chaplain’s Café 3 rd FL 11:00 VON Exercise JPL 12:00 VON Balance Series JPL 3-4 Tech Help *Call Ext. 836 3:00 Get Active JPL 3:00 Karaoke Happy Hour MFC 4:00 Jeopardy JPL 2:30 & 7:30 Movie: “Spotlight”	15 10:00 Chair Yoga FC 10:30 Bible Study C 2:30 Sing-Along Series TH 2:30 Core Confidence FC 7:00 No Stress Bridge JPL ◆ 7:30 Bingo HS Bella Boutique 10-3 TS	16 9:00 Tai Chi JPL ◆ 10:30 TED Talks & Discussion JPL 10:30 Movie Crew Meeting L 11-4 Guelph Wellington Men’s Club Info Booth TS 2:30 Corn Hole 2 nd FL 3:00 Total Body Fitness JPL 4:00 Happy Hour 3 rd FL 4:20 Happy Hour 4 th FL 2:30 & 7:30 Movie: “ Fargo” TH	17 9:00 Tai Chi JPL ◆ 10:00 Crokinole JPL ◆ 10:15 Greenhouse Gathering HS 11:15 Word Mining HS 2:00 Knitting Club 2 nd FL ◆ 2:30 Movie: “9 to 5” TH 2:45 Active Intervals FC 3:00 Happy Hour MFC

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18 10:15 Giant Crossword L 11:15 Seated Zumba FC 1:30 Shake Loose A Memory Reminiscing Game HS 2:00 Euchre JPL ◆ 3:00 Chapel Service C 3:45 Fellowship MFC 4:00 Sunday Series: “Father Brown” TH	19 9:00 Tai Chi JPL ◆ 10:30 Catholic Communion C 11:00 VON Exercise JPL 2:00 High Tea 2 nd FL 3:00 Better Balance JPL 3:45 Hand Therapy JPL 4:30 Happy Hour 2 nd FL 7:30 Musical Mondays: “Carole King & James Taylor” TH UofG Merch Sale for Breast Cancer Awareness 10-12 TS	20 10:15 Documentary: “Dolly Parton: Here I Am” TH 10:30 Piano w/ Karen G. TS ■ 2:30 Sharing Mennonite Traditions TH 3:30 Stretch Class FC 7:30 Trivia HS Traditions Alive 10-2 TS	21 9:00 Tai Chi JPL ◆ 10:00 Chaplain’s Café 3 rd FL 11:00 VON Exercise JPL 12:00 VON Balance Series JPL 2:30 Movie: “Seven Year Itch” TH 3-4 Bookmobile FE 3:00 Get Active JPL 3:00 Happy Hour MFC 4:00 Jeopardy JPL 6:30-8:30 Oktoberfest MFC	22 10:00 Chair Yoga FC 10:30 Bible Study C 2:30 Core Confidence FC 2:30 Virtual Concert: “Andre Rieu Live in Malta” TH 7:00 No Stress Bridge JPL ◆ 7:30 Bingo HS Stars of Modern Fashion 10-3 TS	23 9:00 Tai Chi JPL ◆ 10:30 TED Talks JPL 10:30 Guelph United Ministries Communion Service C 11:20 Excursion: Crowsfoot & Sittler’s Bakery ● 2:30 Corn Hole 2 nd FL 3:00 Total Body Fitness JPL 4:00 Happy Hour 3 rd FL 4:20 Happy Hour 4 th FL 2:30 & 7:30 Movie: “Remarkably Bright Creatures” TH	24 9:00 Tai Chi JPL ◆ 10:00 Crokinole JPL 10:15 Greenhouse Gathering HS 11:15 Word Mining HS 2:00 Knitting Club 2 nd FL ◆ 2:30 Betting Bingo! JPL 2:45 Active Intervals FC 3:00 Happy Hour MFC 4:00 Singing & Easy Listening Group JPL
25 10:15 Giant Crossword L 11:15 Seated Zumba FC 1:30 Shake Loose A Memory Reminiscing Game HS 2:00 Euchre JPL ◆ 3:00 Anglican Communion C 3:45 Fellowship MFC 4:00 Sunday Series: “Father Brown” TH	26 Spiritual Health Awareness Week & Municipal Election 9-3 TH 9:00 Tai Chi JPL ◆ 10:30 Catholic Communion C 11:00 VON Exercise JPL 2:00 High Tea 2 nd FL 3:00 Better Balance JPL 4:10 Excursion: Diwa’s Indian Cuisine ● 7:30 Musical Mondays: “Rachmaninoff” TH	27 Cathy’s Gifts 10-2:30 TS 10:15 Men’s Conversation Connection C 10:30 PAL Presents: Fall Preventions TH 2:30 Guided Meditation L 2:30 Lifelong Learners: Intentional Eating TH 3:30 Stretch Class FC 3:45 Art Hour: Pumpkin Decorating 7:30 Trivia HS	28 9:00 Tai Chi JPL ◆ 10:00 Chaplain’s Café 3 rd FL 10:30 Coffee & Chats 3 rd FL 11:00 VON Exercise JPL 12:00 VON Balance Series JPL 2:30 Residents’ Council Meeting TH 3-4 Tech Help *Call Ext. 836 3:00 Get Active JPL 4:00 Jeopardy JPL 7:30 Movie: “In the Heat of the Night” TH	29 10:00 Chair Yoga FC 10:30 Bible Study C 2:15 Halloween Parade MFC 2:30 Halloween Party w/ Entertainment by “Beautiful Noise” TH ■ 2:30 Core Confidence FC 6:00-7:00 Community Trick-or-Treat TS 7:00 No Stress Bridge JPL ◆ 7:30 Bingo HS KMW Clothing 10-3 HS	30 9:00 Tai Chi JPL ◆ 10:30 TED Talks & Discussion JPL 2:30 Food Committee Meeting L 2:30 Corn Hole 2 nd FL 3:00 Total Body Fitness JPL 4:00 Birthday Hour 3 rd FL 4:20 Happy Hour 4 th FL 2:30 & 7:30 Movie: “Red October” TH	31 Halloween 9:00 Tai Chi JPL ◆ 10:00 Crokinole JPL ◆ 10:15 Greenhouse Gathering HS 11:15 Word Mining HS 2:00 Knitting Club 2 nd FL ◆ 2:30 Movie: “Monty Python & the Holy Grail” TH 2:45 Active Intervals FC 3:00 Halloween Happy Hour MFC

Excursions:

Grand River Boat Cruise – Wednesday, October 7 at 9:30 AM *Sign Up Full

Crawford Lake Hike & Lunch – Friday, October 9 at 10:00 AM

Erin Fall Fair – Saturday, October 10 at 9:30 AM

Life of Bees Farm – Wednesday, October 14 at 9:30 AM

Crowfoot Restaurant & Sittler’s Home Bakery – Friday, October 23 at 11:20 AM

Diwa’s Indian Cuisine – Monday, October 26 at 4:10 PM

Shopping Shuttle: Thursdays at 12:00 PM

*Please sign up on the Ailsa Craig Main Floor for the shopping shuttle and all other excursions.

VBA Food Trucks:

Wednesdays from 4:00-7:00 PM (approximately) in the Main Parking Lot

Berlin 95 – October 7

Recreation Contact:

Email: atailsacraigrec@schlegelvillages.com

Phone: 226-251-3065 Ext. 836

