



October 2026

Auburn Neighbourhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
RIGHT TO AN OPTIMAL QUALITY OF LIFE 9. Every resident has the right to meet privately with their spouse or another person in a room that assures privacy. 10. Every resident has the right to pursue social, cultural, religious, spiritual and other interests, to develop their potential and to be given reasonable assistance by the licensee to pursue these interests and to develop their potential. 11. Every resident has the right to live in a safe and clean environment. 12. Every resident has the right to be given access to protected outdoor areas in order to enjoy outdoor activity unless the physical setting makes this impossible.				9:30 Neighbourhood Time 1 10:30 Rosary & Communion - SC 2:00 Musical Moments 3:30 For the Soul 3:30 You and Me	9:30 Neighbourhood Time 2 11:00 MUSIC & MOTION (AUB-PAL) 11:00 You and Me 2:00 Circle of Friends 3:30 Specialized Exercise Class 3:30 Manicures	9:30 Neighbourhood Time 3 11:00 Brain Games 2:00 Bingo 3:30 Stepping Out
9:30 Neighbourhood Time 4 10:30 Church Service(SC) 2:30 Active Game - MS 3:30 Soothing Sensations 4:00 For the Soul	10:30 SUN N STRETCH (COURTYARD) 5 11:00 SIT N GET FIT (AUB-PHYSIO) 1:00 Neighbourhood Time 2:30 For the Fun of Fit 3:00 SUN N STRETCH (COURTYARD) 4:00 Board and Card Games 6:15 Movie	9:30 Neighbourhood Time 6 11:00 For the Fun of Fit 11:00 AUTUMN BURN CIRCUIT (FITNESS CENTRE) 2:00 Express Yourself - Thanksgiving 3:30 Soothing Sensations	11:00 SIT N GET FIT (AUB-PHYSIO) 7 11:00 TURKEY HUNT (FITNESS CENTRE) 1:00 Neighbourhood Time 2:30 Coffee & Donut Drive-Thru 4:00 You and Me 6:15 Musical Moments	9:30 Neighbourhood Time 8 10:30 APPLE TOSS (FITNESS CENTRE) 10:30 Rosary and Com. - SC 2:00 Java 3:00 APPLE TOSS (FITNESS CENTRE) 3:30 For the Soul 3:30 You and Me	9:30 Neighbourhood Time 9 11:00 MUSIC & MOTION (AUB-PAL) 11:00 You and Me 1:30 Young at Heart Painting 2:00 HARVEST HOLE (FITNESS CENTRE) 2:00 Circle of Friends 3:30 Manicures	9:30 Neighbourhood Time 10 11:00 Circle of Friends 2:30 Fitness Bingo 3:30 Stepping Out
9:30 Neighbourhood Time 11 10:30 Church Service(SC) 2:00 PUMPKIN BOWLING (FITNESS CENTRE) 2:30 Active Game - MS 3:30 Soothing Sensations 4:00 For the Soul	Thanksgiving Day 12 9:30 Neighbourhood Time 11:00 SIT N GET FIT (AUB-PHYSIO) 2:30 Thanksgiving Celebration 4:00 Stepping Out	9:30 Neighbourhood Time 13 11:00 For the Fun of Fit 2:00 Musical Moments 3:30 Board and Card Games	11:00 SIT N GET FIT (AUB-PHYSIO) 14 1:00 Neighbourhood Time 2:30 In the Kitchen 4:00 Stepping Out 6:15 Movie	9:30 Neighbourhood Time 15 10:30 Catholic Mass 2:00 Bingo 3:30 For the Soul 3:30 You and Me	9:30 Neighbourhood Time 16 11:00 MUSIC & MOTION (AUB-PAL) 1:30 Springridge Farm Outing 2:00 Express Yourself 2:30 Residents' Council Meeting 3:30 Soothing Sensations 3:30 Specialized Exercise Class	9:30 Neighbourhood Time 17 11:00 For the Fun of Fit 2:00 Bingo 3:30 Stepping Out
9:30 Neighbourhood Time 18 10:30 Church Service(SC) 2:30 Active Game - MS 3:30 Soothing Sensations 4:00 For the Soul	Vendor - Timeless Reflections (11:00 am) 19 11:00 SIT N GET FIT (AUB-PHYSIO) 1:00 Neighbourhood Time 2:30 Brain Games 4:00 Manicures 6:15 Movie	9:30 Neighbourhood Time 20 10:00 Bible Study 11:00 For the Fun of Fit 2:00 Java 3:30 Drawing Class 3:30 Stepping Out	11:00 SIT N GET FIT (AUB-PHYSIO) 21 1:00 Neighbourhood Time 2:30 You be the Judge 2:30 Brains and Banter 4:00 For the Soul 6:15 Musical Moments	Recreation Education Day 22 9:30 Neighbourhood Time	9:30 Neighbourhood Time 23 11:00 MUSIC & MOTION (AUB-PAL) 2:30 Birthday Celebration 3:30 You and Me 3:30 Specialized Exercise Class	9:30 Neighbourhood Time 24 11:00 For the Fun of Fit 2:30 Special Bingo 3:30 Stepping Out
9:30 Neighbourhood Time 25 10:30 Church Service(SC) 11:30 Diners Club 3:30 Soothing Sensations 4:00 For the Soul	9:30 Neighbourhood Time 26 10:00 Municipal Election 11:00 SIT N GET FIT (AUB-PHYSIO) 2:00 Express Yourself 3:30 Stepping Out	9:30 Neighbourhood Time 27 11:00 For the Fun of Fit 2:00 Circle of Friends 3:30 Soothing Sensations	11:00 SIT N GET FIT (AUB-PHYSIO) 28 1:00 Neighbourhood Time 2:30 In the Kitchen 2:30 All About Me 4:00 For the Soul 6:15 Musical Moments	9:30 Neighbourhood Time 29 10:30 Rosary & Communion - SC 1:30 Haunted House Decorating 3:30 For the Soul 3:30 You and Me	9:30 Neighbourhood Time 30 11:00 MUSIC & MOTION (AUB-PAL) 2:30 Pumpkin Carving 3:30 Soothing Sensations 3:30 Specialized Exercise Class	9:30 Neighbourhood Time 31 11:00 Circle of Friends 2:30 Halloween Bingo 3:30 Stepping Out