

OCTOBER

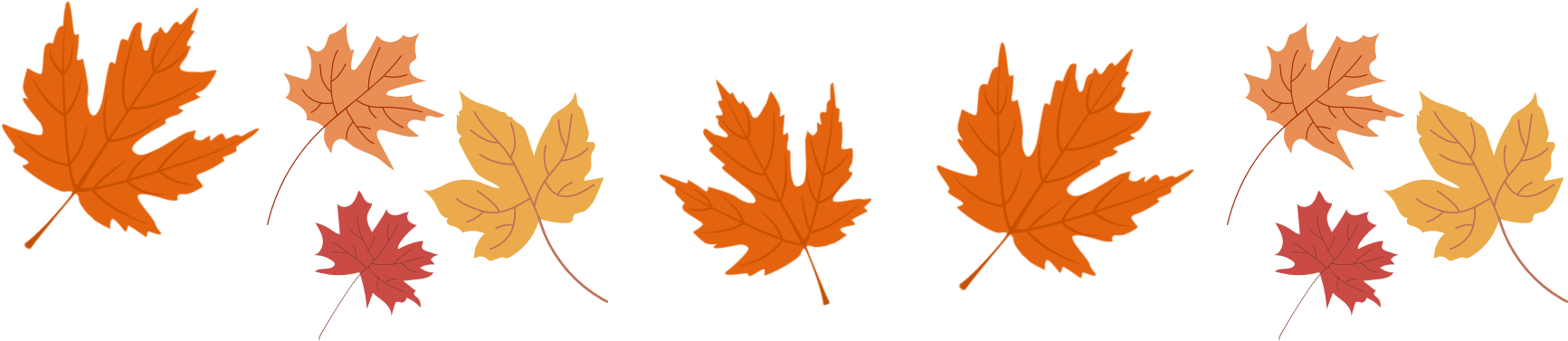
Downey Neighbourhood

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
				1 9:30 Chapel Service (C) 10:15 Calendar Hang Up 10:30 Zumba (FC) 11:00 You and Me 12:30 Greenhouse Drop-in 2:00 Brains and Banter 3:00 Stepping Out 6:30 Active Games (MS)	2 10:00 All About Octoberfekst 10:30 Sit N Get Fit 11:00 Stepping Out 2:00 Bingo on Downey 3:00 You and Me 3:30 Active Games (FC) 6:30 Crafting Club (CC)	3 9:30 You & Me 10:30 Fall Craft 2:00 Family Games (CC) 3:30 Soothing Sensations
4 10:00 For the Soul 11:00 Soothing Sensations 2:00 October Trivia 3:30 Stepping Out	5 Active Aging Week 10:00 Group Exercise 11:00 Stepping Out 12:30 Greenhouse Drop-in 2:00 Travelling Cart: Hot Choco 3:30 Green Thumbs 6:30 Game Show Trivia (CC)	6 9:30 Rosary (C) 10:15 Music with Mallory 11:00 Stepping Out 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 You and Me 6:00 Karaoke Outing	7 10:00 Conversation Cafe with Students 1:30 Art with Jordan 2:00 PEG Talk: Baseball Legends (C) 3:15 Stepping Out 3:30 Balance Class (FC) 6:30 Film & Popcorn	8 9:30 Chapel Service (C) 10:15 Eyeglass Cleaning Cart 10:30 Active Competition 12:30 Greenhouse Drop-in 1:00 Bus Outing 6:30 Active Games (MS)	9 9:30 Daily Perk 10:30 Sit N Get Fit 11:00 Stepping Out 2:00 Bingo on Pollock 3:30 Card Games 3:30 Active Games (FC) 6:30 Crafting Club (CC)	10 10:00 Reading Scripture 11:00 Stepping Out 2:00 Entertainment with Lynne & Rick (Do) 3:00 You and Me
11 10:00 For the Soul 11:00 Musical Moments 2:00 Nail Care/Manicure 3:00 Stepping Out	12 Thanksgiving 10:00 Group Exercise 11:00 Circle of Friends 2:00 Travelling Cart: Ice Cream 3:00 You and Me 6:30 Game Show Trivia (CC)	13 9:30 Rosary (C) 10:15 Music with Mallory 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 Neighbourhood Time 6:30 Devotions (C)	14 1:30 Art with Jordan 2:00 Games Afternoon with Eugenio (C) 3:00 Stepping Out 3:30 Balance Class (FC) 6:30 Games Night (CC)	15 9:30 Chapel Service (C) 10:30 Zumba (FC) 12:30 Greenhouse Drop-in 2:00 Parchment Paper Pumpkin 2:00 Residents Council (C) 6:30 Active Games (MS)	16 10:00 Circle of Friends 10:30 Sit N Get Fit 11:00 Stepping Out 1-4 Massage Therapy Students 2:00 Bingo on Downey 3:30 Active Games (FC) 6:30 Crafting Club (CC)	17 9:30 Daily Perk 10:30 Exercise with Danica 2:00 Entertainment with Barry (Ma) 3:30 Calendar Planning & Residents' Bill of Rights Meeting

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 10:00 For the Soul 11:00 Stepping Out 2:00 Java Time 3:30 Spa Afternoon	19 10:00 Group Exercise 11:00 Nail Care/Manicure 12:30 Greenhouse Drop-in 2:00 Tim Horton Social 3:00 Stepping Out 3:30 Green Thumbs 6:30 Game Show Trivia (CC)	20 9:30 Rosary (C) 9:30 Bus Outing 10:15 Baby Jamboree 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 You & Me 6:30 In the Kitchen: Caramel Apple Cider (CC)	21 1:30 Art with Jordan 2:00 Food Committee (Do) 2:00 In the Kitchen 3:15 Stepping Out 3:30 Balance Class (FC) 6:30 Games Night (CC)	22 9:30 Chapel Service (C) 10:15 Eyeglass Cleaning Cart 11:00 Stepping Out 2:00 Chaplain’s Chat 3:00 Family Feud 6:30 Active Games (MS)	23 9:30 Brains & Banter 10:30 Sit N Get Fit 11:00 Manicures 1:00 Van Outing 2:00 Bingo on Pollock 3:30 Active Games (FC) 6:30 Crafting Club (CC)	24 10:00 Manicure/Nail Care 10:30 Patio Time 2:00 Oktoberfest Party with Rich (MS) 3:15 You and Me
25 Spiritual Care Week 10:00 For the Soul 11:00 Soothing Sensations 2:00 Express Yourself 3:00 Stepping Out	26 Municipal Election 10am-3pm in Retirement 10:00 Stepping Out 12:30 Greenhouse Drop-in 2:00 For the fun of Fit 3:00 You and Me 3:30 Green Thumbs 6:30 Game Show Trivia (CC)	27 9:30 Rosary (C) 10:15 Baby Jamboree 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 Neighbourhood Time 6:30 Devotions (C)	28 1:30 Art with Jordan 2:00 For the Fun of Fit 3:00 Stepping Out 3:30 Balance Class (FC) 6:30 Games Night (CC)	29 9:30 Chapel Service (C) 10:15 Eyeglass Cleaning Cart 10:30 Zumba (FC) 11:00 You and Me 12:30 Greenhouse Drop-in 2:00 For the Fun of Fit 3:00 Neighbourhood Time 6:30 Active Games (MS)	30 10:00 Domino/Card Games 10:30 Sit N Get Fit 11:00 Stepping Out 2:00 Bingo on Downey 3:15 Travelling Cart: Gen.Store 3:30 Active Games (FC) 6:30 Crafting Club (CC)	31 Halloween 9:30 You & Me 10:30 In the Kitchen: Halloween Cookies 2:00 Entertainment with Michael (Wr) 3:30 Halloween Movie Time

Outings:
Oct. 6th - Chicago Karaoke
Oct. 8th - Mandarin Restaurant
Oct. 20th - Conestoga Mall
Oct. 23rd - Walmart

Your Recreation Team:
Full-Time - Pearl
Part-Time - Danica

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.

