



All programs are subject to change.
Please check the daily activity boards
for any adjustments to the program
schedule.

October 2026

Emmas Neighbourhood

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Legend (C) Williamsburg Cafe (TH) Town Hall (LTC) Long-Term Care				2:00 Brains and Banter 3:30 Musical Moments 6:30 You and Me 1	10:00 Wayne's Stand-Up Comedy (LTC) 2 11:00 Circle of Friends 2:00 Fitness with Melissa 2:00 Neighbourhood Time 3:00 Happy Hour (C)	10:00 Neighbourhood Time 3 10:30 Budgie Care 11:00 For the Fun of Fit 2:00 Movie: Mary Poppins 3:30 You and Me
10:00 Church Service (TH) 4 11:00 Neighbourhood Time 2:00 Express Yourself 3:30 You and Me	10:00 Neighbourhood Time 5 11:00 Brains and Banter 2:00 Circle of Friends 3:30 You and Me	2:30 Hymn Sing with Brenda 6 3:30 For the Fun of Fit 6:30 Stepping Out	10:30 Songbird Choir (LTC) 7 11:30 Budgie Care 2:30 Fitness with Melissa 2:30 Church Service (TH) 3:30 For the Soul	10:30 Kevin Coates Entertainment 8 2:00 Musical Moments 3:30 Stepping Out	10:00 Neighbourhood Time 9 11:00 In the Kitchen 1:00 Dance Party with Hilda 2:00 Fitness with Melissa 3:00 Happy Hour (C)	10:00 Neighbourhood Time 10 10:30 Budgie Care 11:00 For the Fun of Fit 2:00 Soothing Sensations 3:30 You and Me
10:00 Church Service (TH) 11 11:00 Neighbourhood Time 2:00 Express Yourself 3:30 Stepping Out	Thanksgiving 12 10:00 Neighbourhood Time 11:00 Brains and Banter 2:00 Circle of Friends 3:30 Stepping Out	2:30 Hymn Sing with Brenda 13 3:30 For the Fun of Fit 6:30 You and Me	10:30 Songbird Choir (C) 14 11:30 Budgie Care 2:30 Church Service (TH) 3:30 For the Soul	2:00 Brains and Banter 15 3:30 For the Fun of Fit 6:30 You and Me	10:30 Meet the Mayoral Candidates (TH) 16 2:00 Neighbourhood Time 3:00 Oktoberfest Party with The Remedy Band (C)	10:00 Neighbourhood Time 17 10:30 Budgie Care 11:00 For the Fun of Fit 2:00 Movie: Mrs. Doubtfire 3:30 Circle of Friends
10:00 Church Service (TH) 18 11:00 Neighbourhood Time 2:00 Soothing Sensations 3:30 For the Fun of Fit	10:00 Neighbourhood Time 19 11:00 Brains and Banter 2:00 Circle of Friends 3:30 Stepping Out	2:00 Birthday Party with Aidan Purnell (C) 20 2:30 Hymn Sing with Brenda 3:30 For the Fun of Fit 6:30 You and Me	10:30 Roman Catholic Mass (TH) 21 11:00 In the Kitchen 2:30 Church Service with Communion (TH) 3:30 Stepping Out 4:30 Budgie Care	10:30 Brent Meidinger Entertainment 22 3:00 Hope for the Heart	10:00 Neighbourhood Time 23 11:00 In the Kitchen 1:00 Dance Party with Hilda 2:00 Fitness with Melissa 2:00 Pie Contest Social (C) 3:00 Happy Hour (C)	9:30 Playful Creators (HS) 24 10:30 Budgie Care 11:00 For the Fun of Fit 2:00 Soothing Sensations 3:30 You and Me
10:00 Church Service (TH) 25 11:00 Neighbourhood Time 2:00 Soothing Sensations 3:30 You and Me	10:00 Roman Catholic Communion (TH) 26 11:00 Brains and Banter 2:30 Hope for the Heart 2:30 Fitness with Melissa	1:30 Fall Drive (Sign up Only) 27 2:30 Hymn Sing with Brenda 3:30 Neighbourhood Time 6:30 You and Me	10:30 Songbird Choir (C) 28 11:30 Budgie Care 2:30 Fitness with Melissa 2:30 Church Service (TH)	2:00 Musical Moments 29 3:30 Soothing Sensations 6:30 You and Me	10:00 Neighbourhood Time 30 11:00 In the Kitchen 2:00 Fitness with Melissa 3:00 Happy Hour with Alex (C)	Halloween 31 10:00 Community Trick or Treat 10:30 Budgie Care 11:00 Neighbourhood Time 2:00 Halloween Party (C) 3:30 You and Me