



October 2026

Esquesing 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 11:00 SIT N GET FIT (ESQ-PHYSIO) 2:00 Baking 3:30 You and Me	9:00 For the Soul 2 11:00 SIT N GET FIT (ESQ-PHYSIO) 1:00 Neighbourhood Time 2:00 Fun with Crafts 3:30 Board Games 3:30 Specialized Exercise Class 6:00 Music Club	9:30 Neighbourhood Time 3 11:00 Play & Perform 2:00 Bingo 3:30 Movie Time
9:30 Neighbourhood Time 4 10:30 Church Service(SC) 2:30 Active Game - MS 3:30 Stepping Out	9:00 Neighbourhood Time 5 10:30 SUN N STRETCH (COURTYARD) 11:00 You and Me 11:00 MUSIC & MOTION (ESQ-PAL) 2:00 Trivia 3:00 SUN N STRETCH (COURTYARD) 3:30 Sing along	11:00 For the Soul 6 11:00 AUTUMN BURN CIRCUIT (FITNESS CENTRE) 1:00 Neighbourhood Time 2:00 Bingo 3:30 Rock Painting 6:00 Manicures	9:30 Neighbourhood Time 7 11:00 TURKEY HUNT (FITNESS CENTRE) 11:00 Travel Vlog 2:30 Coffee & Donut Drive-Thru 3:30 Stepping Out	9:30 Neighbourhood Time 8 10:30 APPLE TOSS (FITNESS CENTRE) 10:30 Rosary and Com. - SC 11:00 SIT N GET FIT (ESQ-PHYSIO) 2:00 Baking 3:00 APPLE TOSS (FITNESS CENTRE) 3:30 You and Me	9:00 Neighbourhood Time 9 11:00 SIT N GET FIT (ESQ-PHYSIO) 11:00 You and Me 1:30 Young at Heart Painting 2:00 HARVEST HOLE (FITNESS CENTRE) 3:30 Alphabet Game	9:30 Neighbourhood Time 10 11:00 Play & Perform 2:30 Fitness Bingo 3:30 Movie Time
9:30 Neighbourhood Time 11 10:30 Church Service(SC) 2:00 PUMPKIN BOWLING (FITNESS CENTRE) 2:30 Active Game - MS 3:30 Stepping Out	Thanksgiving Day 12 9:00 Neighbourhood Time 11:00 Origami Club 2:30 Thanksgiving Celebration 4:00 You and Me	1:00 Neighbourhood Time 13 2:00 Bingo 3:30 Crafty Corner 6:00 Manicures	9:30 Neighbourhood Time 14 11:00 Travel Vlog 2:30 Women Wednesday 3:30 Board Games	8:00 Breakfast Club 15 9:30 Neighbourhood Time 10:30 Catholic Mass 11:00 SIT N GET FIT (ESQ-PHYSIO) 2:00 You and Me	9:00 For the Soul 16 11:00 SIT N GET FIT (ESQ-PHYSIO) 1:00 Neighbourhood Time 1:30 Springridge Farm Outing 2:30 Residents' Council Meeting 3:30 Board Games 3:30 Specialized Exercise Class 6:00 Music Club	9:30 Neighbourhood Time 17 11:00 Play & Perform 2:00 Bingo 3:30 Movie Time
9:30 Neighbourhood Time 18 10:30 Church Service(SC) 2:30 Active Game - MS 3:30 Stepping Out	Vendor - Timeless Reflections (11:00 am) 19 9:00 Neighbourhood Time 11:00 You and Me 11:00 MUSIC & MOTION (ESQ-PAL) 2:00 Trivia 3:30 Sing along	10:00 Bible Study 20 11:00 For the Soul 1:00 Neighbourhood Time 2:00 Bingo 3:30 Drawing Class 6:00 Manicures	9:30 Neighbourhood Time 21 11:00 Travel Vlog 2:30 You be the Judge 3:30 Card Games	Recreation Education Day 22 11:00 SIT N GET FIT (ESQ-PHYSIO)	9:00 Neighbourhood Time 23 11:00 SIT N GET FIT (ESQ-PHYSIO) 11:00 You and Me 2:30 Birthday Celebration 3:30 Specialized Exercise Class 3:30 Stepping Out	9:30 Neighbourhood Time 24 11:00 Play & Perform 2:30 Special Bingo 3:30 Movie Time
9:30 Neighbourhood Time 25 10:30 Church Service(SC) 11:30 Diners Club 3:30 Stepping Out	9:00 Neighbourhood Time 26 10:00 Municipal Election 11:00 You and Me 11:00 MUSIC & MOTION (ESQ-PAL) 2:00 Trivia 3:30 Sing along	1:00 Neighbourhood Time 27 2:00 Java 3:30 Crafty Corner 6:00 Manicures	9:30 Neighbourhood Time 28 11:00 Travel Vlog 2:30 All About Me 3:30 Let's Solve Puzzles	9:30 Neighbourhood Time 29 10:30 Rosary & Communion - SC 11:00 SIT N GET FIT (ESQ-PHYSIO) 1:30 Haunted House Decorating	9:00 For the Soul 30 11:00 SIT N GET FIT (ESQ-PHYSIO) 1:00 Neighbourhood Time 2:30 Pumpkin Carving 3:30 Specialized Exercise Class 6:00 Music Club	9:30 Neighbourhood Time 31 11:00 Play & Perform 2:30 Halloween Bingo 3:30 Movie Time