



October 2026

Kelso 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.				9:00 Neighbourhood Time 1 10:30 Rosary & Communion - SC 11:30 Stepping Out 2:00 Java Time 3:00 MUSIC & MOTION (KEL-PAL) 3:30 You and Me 6:00 Soothing Sensations	9:00 Neighbourhood Time 2 10:00 Brains and Banter 11:30 Stepping Out 2:00 For the Fun of Fit 3:30 Specialized Exercise Class 3:30 Express Yourself 3:30 You and Me 6:00 Musical Moments	9:00 Neighbourhood Time 3 10:00 For the Fun of Fit 11:30 Stepping Out 2:00 Bingo 3:30 Circle of Friends 3:30 You and Me 6:00 Movie
9:00 Neighbourhood Time 4 10:30 Church Service 11:30 Stepping Out 2:30 Active Game - MS 3:30 Soothing Sensations 3:30 You and Me 6:00 Circle of Friends	9:00 Neighbourhood Time 5 10:00 Circle of Friends 10:30 SUN N STRETCH (COURTYARD) 11:30 Stepping Out 2:00 For the Fun of Fit 3:00 SUN N STRETCH (COURTYARD) 3:30 Brains and Banter 3:30 You and Me 6:00 Musical Moments	9:00 Neighbourhood Time 6 10:00 MUSIC & MOTION (KEL-PAL) 11:00 AUTUMN BURN CIRCUIT (FITNESS CENTRE) 11:30 Stepping Out 2:00 For the Fun of Fit 3:30 Express Yourself 3:30 You and Me 4:00 For the Soul 6:00 Soothing Sensations	9:00 Neighbourhood Time 7 10:00 Musical Moments 11:00 TURKEY HUNT (FITNESS CENTRE) 11:30 Stepping Out 2:30 Coffee & Donut Drive-Thru 3:30 Brains and Banter 3:30 You and Me 6:00 In the Kitchen	9:00 Neighbourhood Time 8 10:30 APPLE TOSS (FITNESS CENTRE) 10:30 Rosary and Com. - SC 11:30 Stepping Out 1:00 For the Soul 2:00 Java Time 3:00 MUSIC & MOTION (KEL-PAL) 3:00 APPLE TOSS (FITNESS CENTRE) 3:30 You and Me 6:00 Soothing Sensations	9:00 Neighbourhood Time 9 10:00 Brains and Banter 11:30 Stepping Out 1:30 Young at Heart Painting 2:00 For the Fun of Fit 2:00 HARVEST HOLE (FITNESS CENTRE) 3:30 Express Yourself 3:30 You and Me 6:00 Musical Moments	9:00 Neighbourhood Time 10 10:00 For the Fun of Fit 11:30 Stepping Out 2:30 Fitness Bingo 3:30 Circle of Friends 3:30 You and Me 6:00 Movie
9:00 Neighbourhood Time 11 10:30 Church Service 11:30 Stepping Out 2:00 PUMPKIN BOWLING (FITNESS CENTRE) 2:30 Active Game - MS 3:30 Soothing Sensations 3:30 You and Me 6:00 Circle of Friends	Thanksgiving Day 12 9:00 Neighbourhood Time 10:00 Manicures 11:30 Stepping Out 2:30 Thanksgiving Celebration 3:30 Brains and Banter 3:30 You and Me 6:00 Musical Moments	9:00 Neighbourhood Time 13 10:00 MUSIC & MOTION (KEL-PAL) 11:30 Stepping Out 2:00 For the Fun of Fit 3:30 Express Yourself 3:30 You and Me 6:00 Soothing Sensations	9:00 Neighbourhood Time 14 10:00 Musical Moments 11:00 For the Soul 11:30 Stepping Out 2:00 For the Fun of Fit 3:30 Brains and Banter 3:30 You and Me 6:00 In the Kitchen	9:00 Neighbourhood Time 15 10:30 Catholic Mass 11:30 Stepping Out 2:00 Java Time 3:00 MUSIC & MOTION (KEL-PAL) 3:30 You and Me 6:00 Soothing Sensations	9:00 Neighbourhood Time 16 10:00 Brains and Banter 11:30 Stepping Out 2:00 For the Fun of Fit 2:30 Residents' Council Meeting 3:30 Specialized Exercise Class 3:30 Express Yourself 3:30 You and Me 6:00 Musical Moments	9:00 Neighbourhood Time 17 10:00 For the Fun of Fit 11:30 Stepping Out 2:00 Bingo 3:30 Circle of Friends 3:30 You and Me 6:00 Movie



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Neighbourhood Time 18 10:30 Church Service 11:30 Stepping Out 2:30 Active Game - MS 3:30 Soothing Sensations 3:30 You and Me 6:00 Circle of Friends	Vendor - Timeless Reflections (11:00 am) 19 9:00 Neighbourhood Time 10:00 Circle of Friends 10:00 Springridge Farm Outing 11:30 Stepping Out 2:00 For the Fun of Fit 3:30 Brains and Banter 3:30 You and Me 6:00 Musical Moments	9:00 Neighbourhood Time 20 10:00 MUSIC & MOTION (KEL-PAL) 10:00 Bible Study 11:30 Stepping Out 2:00 For the Fun of Fit 3:30 Express Yourself 3:30 You and Me 3:30 Drawing Class 4:00 For the Soul 6:00 Soothing Sensations	9:00 Neighbourhood Time 21 10:00 Musical Moments 11:30 Stepping Out 2:00 For the Fun of Fit 2:30 You be the Judge 3:30 Brains and Banter 3:30 You and Me 6:00 In the Kitchen	Recreation Education Day 22 9:00 Neighbourhood Time 3:00 MUSIC & MOTION (KEL-PAL)	9:00 Neighbourhood Time 23 10:00 Brains and Banter 11:30 Stepping Out 2:30 Birthday Celebration 3:30 Specialized Exercise Class 4:00 You and Me 6:00 Musical Moments	9:00 Neighbourhood Time 24 10:00 For the Fun of Fit 11:30 Stepping Out 2:00 Bingo 3:30 Circle of Friends 3:30 You and Me 6:00 Movie
9:00 Neighbourhood Time 25 10:30 Church Service 11:30 Diners Club 3:30 Soothing Sensations 3:30 You and Me 6:00 Circle of Friends	9:00 Neighbourhood Time 26 10:00 Manicures 10:00 Municipal Election 11:30 Stepping Out 2:00 For the Fun of Fit 3:30 Brains and Banter 3:30 You and Me 6:00 Musical Moments	9:00 Neighbourhood Time 27 10:00 MUSIC & MOTION (KEL-PAL) 11:30 Stepping Out 2:00 For the Fun of Fit 3:30 Express Yourself 3:30 You and Me 6:00 Soothing Sensations	9:00 Neighbourhood Time 28 10:00 Musical Moments 11:00 For the Soul 11:30 Stepping Out 2:00 For the Fun of Fit 2:30 All About Me 3:30 Brains and Banter 3:30 You and Me 6:00 In the Kitchen	9:00 Neighbourhood Time 29 10:30 Rosary & Communion - SC 11:30 Stepping Out 1:30 Haunted House Decorating 2:00 Java Time 3:00 MUSIC & MOTION (KEL-PAL) 3:30 You and Me 6:00 Soothing Sensations	9:00 Neighbourhood Time 30 10:00 Brains and Banter 11:30 Stepping Out 2:30 Pumpkin Carving 3:30 Specialized Exercise Class 3:30 Express Yourself 3:30 You and Me 6:00 Musical Moments	9:00 Neighbourhood Time 31 10:00 For the Fun of Fit 11:30 Stepping Out 2:00 Bingo 3:30 Circle of Friends 3:30 You and Me 6:00 Movie

