

OCTOBER

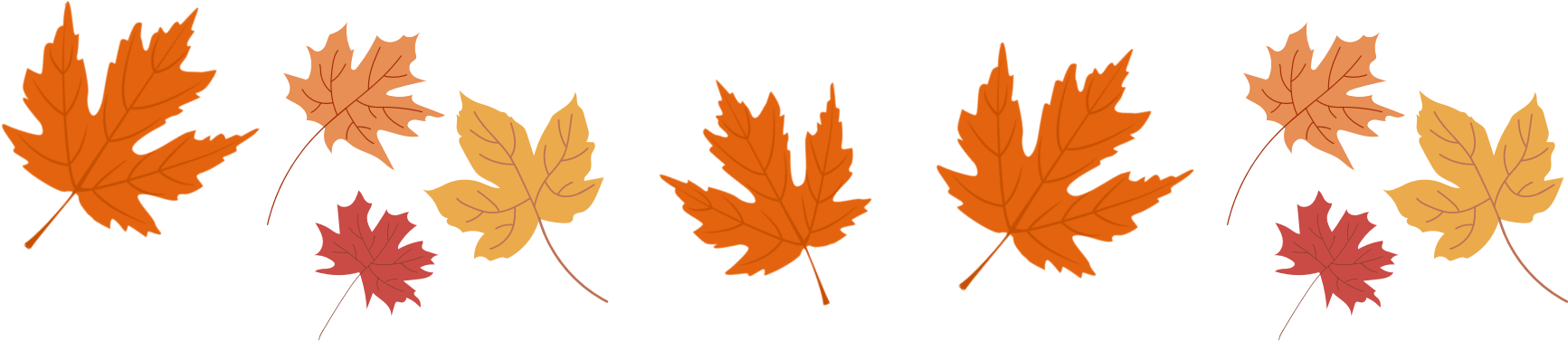
Matthews Neighbourhood

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) 10:30 Zumba (FC) 12:30 Greenhouse Drop-in 3:30 Green Thumbs 4:30 Patio Time 6:30 Active Games	2 9:00 Outing 2:15 Stepping Out 1-4pm Massage Therapy 3:30 Active Games (FC) 6:30 Crafting Club (CC)	3 9:00 Neighbourhood Time 10:00 Weekly Perks 11:00 Stepping Out 2:00 Family Games (CC) 3:30 You and Me
4 9:30 Hymn Sing 10:00 For the Soul 11:00 Stepping Out 2:15 You and Me 3:00 Express Yourself	5 Active Aging Week 10:15 Music with Mallory 12:30 Greenhouse Drop-in 2:00 6:30 Game Show Trivia (CC)	6 9:30 Rosary (C) 10:15 For the Fun of Fit 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 Karaoke Outing	7 10:00 Conversation Cafe with Students 10:00 Art with Jordan 2:00 PEG Talk: Baseball Legends (C) 3:30 Brains and Banter 3:30 Balance Class (FC) 6:30 Film & Popcorn	8 9:30 Chapel Service (C) 10:30 Residents Bill of Rights and Calendar Planning Meeting 12:30 Greenhouse Drop-in 2:30 Men's Club - Nacho Day 10:30 Active Competition 3:30 Green Thumbs 6:30 Active Games (MS)	9 9:00 Soothing Sensation 10:00 Bingo (Ma) 2:00 Music and Manicure 3:30 Active Games (FC) 6:30 Crafting Club (CC)	10 9:00 Neighbourhood Time 10:00 Weekly Perks 11:00 Express Yourself 2:00 Entertainment with Lynne & Rick (Do) 3:30 You and Me
11 9:30 Hymn Sing 10:00 For the Soul 11:00 Patio Time 2:15 In the kitchen 3:00 Manicure	12 Thanksgiving 9:30 You and Me 10:00 Circle of Friends 2:00 Express Yourself 6:30 Game Show Trivia (CC)	13 9:30 Rosary (C) 9:30 Outing 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 Devotions (C)	14 10:00 Art with Jordan 2:00 Games Afternoon with Eugenio (C) 3:30 Brains and Banter 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 1:15 Outing 2:00 Residents Council (C) 3:30 Green Thumbs 6:30 Active Games (MS)	16 9:00 Soothing Sensation 10:00 Bingo (Wr) 2:00 In the Kitchen 3:30 Active Games (FC) 6:30 Crafting Club (CC)	17 9:00 Neighbourhood Time 10:00 Weekly Perks 11:00 Java Music 2:00 Entertainment with Barry (Ma) 3:30 You and Me

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18 9:30 Hymn Sing 10:00 For the Soul 10:15 In the Kitchen 2:15 You and Me 3:00 Express Yourself	19 10:15 Music with Mallory 12:30 Greenhouse Drop-in 6:30 Game Show Trivia (CC)	20 9:30 Rosary (C) 10:00 For the Fun of Fit 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In the Kitchen: Caramel Apple Cider (CC)	21 10:00 Art with Jordan 2:00 Food Committee (Do) 3:00 Brains and Banter 3:30 Balance Class (FC) 6:30 Games Night (CC)	22 9:30 Chapel Service (C) 10:30 Card Games	23 9:00 Soothing Sensation 10:00 Bingo (Ma) 2:15 Express Yourself 3:30 Active Games (FC) 6:30 Crafting Club (CC)	24 9:00 Musical Moments 10:00 Circle of Friends 11:00 Stepping Out 2:00 Oktoberfest Party with Rich (MS)
25 Spiritual Care Week 9:30 Soothing Sensation 10:45 In The Kitchen 1:30 You And Me 2:30 Sit And Get Fit 3:30 Short Story	26 Municipal Election 10am-3pm in Retirement 10:15 Music with Mallory 12:30 Greenhouse Drop-in 2:00 Circle of Friends 6:30 Game Show Trivia (CC)	27 9:30 Rosary (C) 10:00 For the Fun of Fit 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 Devotions (C)	28 10:00 Art with Jordan 2:30 Red Hat Ladies 3:30 Balance Class (FC) 4:00 Stepping Out 6:30 Games Night (CC)	29 9:30 Chapel Service (C) 10:30 Zumba (FC) 12:30 Greenhouse Drop-in 3:30 Green Thumbs 6:30 Active Games (MS)	30 9:00 Soothing Sensation 10:00 Bingo (Wr) 2:00 Travelling Cart 3:30 Active Games (FC) 6:30 Crafting Club (CC)	31 Halloween 9:30 Daily Perks 10:00 In The Kitchen 2:00 Entertainment with Michael (Wr)

Outings:

Friday, Friday October 2nd Bus

9:30am– Bingo and Lunch

Tuesday, October 13th Van

9:30- Splitsville with Harman

Thursday, September 15th VAN

1:15pm – LTC Shuh’s Orchard with Meena

Your Recreation Team:

Full-Time - Harman

Part-Time - Meena

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.

