



October 2026

Nassagaweya 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 MUSIC & MOTION (NASS-PAL) 2:00 Trivia 3:30 You and Me	10:00 For the Soul 2 1:00 Neighbourhood Time 2:00 Hymn Sing 3:30 Specialized Exercise Class 4:00 Stepping Out 6:00 Ball Toss	9:30 Neighbourhood Time 3 10:30 Soothing Sensations 2:00 Bingo 3:30 Musical Moments
9:30 Neighbourhood Time 4 10:30 Church Service(SC) 2:30 Active Game - MS 3:30 Family Feud	9:30 Neighbourhood Time 5 10:00 Movie 10:30 SUN N STRETCH (COURTYARD) 2:30 Slide into the Wild 3:00 SIT N GET FIT (NASS-PAL) 3:00 SUN N STRETCH (COURTYARD) 3:30 Musical Moments	9:30 For the Soul 6 11:00 SIT N GET FIT (NASS-PHYSIO) 11:00 AUTUMN BURN CIRCUIT (FITNESS CENTRE) 1:00 Neighbourhood Time 2:00 Checking Out the Czech Rep. 4:00 Stepping Out 6:00 In the Kitchen	9:30 Neighbourhood Time 7 11:00 Express Yourself 11:00 TURKEY HUNT (FITNESS CENTRE) 2:30 Coffee & Donut Drive-Thru 3:30 Chair Yoga	9:30 Neighbourhood Time 8 10:30 APPLE TOSS (FITNESS CENTRE) 10:30 Rosary and Com. - SC 11:00 MUSIC & MOTION (NASS-PAL) 2:00 Trivia 3:00 APPLE TOSS (FITNESS CENTRE) 3:30 You and Me	9:30 Neighbourhood Time 9 10:30 Card Sharks 2:00 Chai Tea Latte Party 2:00 HARVEST HOLE (FITNESS CENTRE) 4:00 Stepping Out	9:30 Neighbourhood Time 10 10:30 For the Fun of Fit 2:30 Fitness Bingo 3:30 Musical Moments
9:30 Neighbourhood Time 11 10:30 Church Service(SC) 2:00 PUMPKIN BOWLING (FITNESS CENTRE) 2:30 Active Game - MS 3:30 Dominos	Thanksgiving Day 12 9:30 Neighbourhood Time 10:00 For the Fun of Fit 2:30 Thanksgiving Celebration 3:30 Musical Moments	11:00 SIT N GET FIT 13 (NASS-PHYSIO) 1:00 Neighbourhood Time 2:30 Star of the Month 4:00 Stepping Out 6:00 In the Kitchen	9:30 Neighbourhood Time 14 10:30 Express Yourself 2:30 Women Wednesday 3:30 Chair Yoga	9:30 Neighbourhood Time 15 10:30 Catholic Mass 11:00 MUSIC & MOTION (NASS-PAL) 2:00 Trivia 3:30 You and Me	10:00 For the Soul 16 1:00 Neighbourhood Time 2:00 Java 2:30 Residents' Council Meeting 3:30 Specialized Exercise Class 4:00 Stepping Out 6:00 Ball Toss	9:30 Neighbourhood Time 17 10:30 Soothing Sensations 2:00 Bingo 3:30 Musical Moments
9:30 Neighbourhood Time 18 10:30 Church Service(SC) 2:30 Active Game - MS 3:30 Family Feud	Vendor - Timeless Reflections (11:00 am) 19 9:30 Neighbourhood Time 10:00 Movie 2:30 Guess the Cadbury 3:00 SIT N GET FIT (NASS-PAL)	9:30 For the Soul 20 10:00 Bible Study 11:00 SIT N GET FIT (NASS-PHYSIO) 1:00 Neighbourhood Time 2:00 Pass the Parcel 3:30 Drawing Class 6:00 Stepping Out	9:30 Neighbourhood Time 21 11:00 Express Yourself 2:30 You be the Judge 3:30 Soothing Sensations	Recreation Education Day 22 9:30 Neighbourhood Time 11:00 MUSIC & MOTION (NASS-PAL)	9:30 Neighbourhood Time 23 10:30 Card Sharks 2:30 Birthday Celebration 3:30 Specialized Exercise Class 4:00 Stepping Out	9:30 Neighbourhood Time 24 9:30 Springridge Farm Outing 2:30 Special Bingo 3:30 Musical Moments
9:30 Neighbourhood Time 25 10:30 Church Service(SC) 11:30 Diners Club 3:30 Dominos	9:30 Neighbourhood Time 26 10:00 Municipal Election 2:30 For the Fun of Fit 3:00 SIT N GET FIT (NASS-PAL) 3:30 Musical Moments	11:00 SIT N GET FIT 27 (NASS-PHYSIO) 1:00 Neighbourhood Time 4:00 Stepping Out 6:00 In the Kitchen	9:30 Neighbourhood Time 28 11:00 Express Yourself 2:30 All About Me 3:30 Soothing Sensations	9:30 Neighbourhood Time 29 10:30 Rosary & Communion - SC 11:00 MUSIC & MOTION (NASS-PAL) 1:30 Haunted House Decorating	10:00 For the Soul 30 1:00 Neighbourhood Time 2:30 Pumpkin Carving 3:30 Specialized Exercise Class 4:00 Stepping Out 6:00 Ball Toss	9:30 Neighbourhood Time 31 10:30 Soothing Sensations 2:30 Halloween Bingo 3:30 Musical Moments