

OCTOBER

Carrington Neighbourhood

Legend

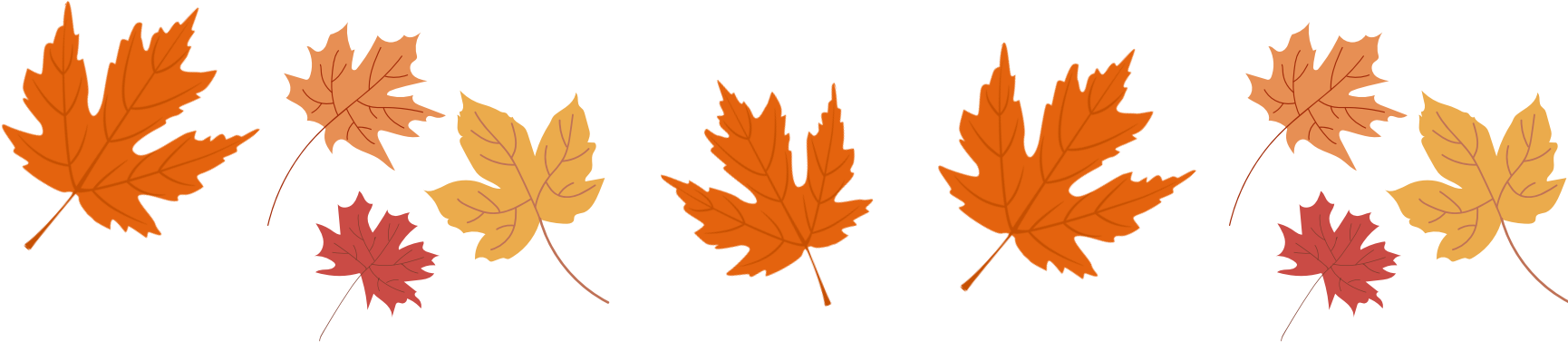
C - Chapel
TH - Town Hall
MS - Main Street
TS - Town Square

FC - Fitness Centre
CY - Courtyard
BP - Back Patio
CC - Community Centre

L - Library
CK - Country Kitchen
FP - Front Patio
HS - Hobby Shop

Note/Announcement:

Don't forget to flip your calendar over on the 17th to see the 18th to 31st.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Happy 25th Anniversary Long-Term Care! 9am-1pm Recreation Team Meeting 11:00am Fit to Function-FC 3:00pm 25th Anniversary Celebration with Entertainment by Samira Yeo-MS	2 11:00am Stay Strong-FC 12:00pm Men's Lunch-CC 3:00pm For the Fun of Fit 6:00pm Neighbourhood Time	3 11:00am Ron Schlegel's Funeral Service (Virtual)-TH 2:00pm Pub with Ana Garzaro-MS 3:30pm Express Yourself 6:00pm Neighbourhood Time
4 10:00am Church Service-TH 10:45am Specialty Tea & Coffee-HS 2:00pm Bowling on Main Street 3:30pm Circle of Friends	5 9:30am Neighbourhood Time 10:30am Integenerational Jamboree Music Therapy-SC 11:00am For the Fun of Fit 2:00pm Bingo-CC 2:00pm Soothing Sensations 3:30pm Brains and Banter	6 11:00am Stay Strong-FC 1:30pm Neighbourhood Time 3:00pm Express Yourself 6:00pm You & Me	7 9:30am Neighbourhood Time 11:00am Christmas Craft 2:00pm Tai Chi-FC 2:00pm Stepping Out 2:15pm Hort Happens with Crystal 3:30pm Musical Moments	8 11:00am Fit to Function-FC 1:30pm Outing: Walmart 2:00pm Residents' Council-CC 2:30pm Sing-Along with Janet 6:00pm Neighbourhood Time	9 11:00am Stay Strong-FC 1:30pm Neighbourhood Time 3:00pm In the Kitchen 6:00pm Soothing Sensations	10 2:00pm Entertainment with Blue-Eyed Bill on Carrington 3:30pm Stepping Out 6:00pm Neighbourhood Time
11 10:00am Church Service-TH 10:45am Specialty Tea & Coffee-HS 2:00pm Weekend Bingo-CC 3:30pm Java Time	12 Thanksgiving 9:30am Neighbourhood Time 10:30am Integenerational Jamboree Music Therapy-SC 11:00am Brains and Banter 2:00pm Thanksgiving Social-CC 3:30pm Soothing Sensations	13 National M&M Day 11:00am Stay Strong-FC 1:00pm For the Soul with Janet 1:30pm Neighbourhood Time 3:00pm M&M's Cookies Travelling Cart 6:00pm You & Me	14 10:00am Outing: Fall Country Drive 2:00pm Tai Chi-FC 2:15pm Hort Happens with Crystal 2-3:30pm Harvest Happenings Petting Zoo - BP	15 11:00am Fit to Function-FC 2:30pm Sing-Along with Janet 6:00pm Neighbourhood Time	16 10:30am Music Therapy with Natalie 11:00am Stay Strong-FC 12:00pm Lunch Bunch: Fish & Chips at the Ruby 3:00pm Happy Hour with Dave Murphy-MS 6:00pm Neighbourhood Time	17 2:00pm Curling on Main Street 3:30pm For the Fun of Fit 6:00pm Neighbourhood Time

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Your Recreation Team:
Frida & Timea

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 1:30pm Soothing Sensations 2:30pm Virtual Church Service-TH 3:15pm Fellowship 6:00pm Neighbourhood Time	19 9:30am Neighbourhood Time 10:30am Integenerational Jamboree Music Therapy-SC 11:00am In the Kitchen 2:00pm Bingo-CC 2:00pm Stepping Out 3:30pm You & Me	20 11:00am Stay Strong-FC 1:00pm For the Soul with Janet 2:00pm to 4:00pm Autumnn Spa Day 6:00pm For the Fun of Fit	21 9:30am Neighbourhood Time 10:30am Roman Catholic Mass-TH 11:00am Stepping Out 2:00pm Tai Chi-FC 2:00pm Soothing Sensations 2:00pm Outing: Lifting Souls by Renewing Souls with Janet 2:15pm Hort Happens with Crystal 3:30pm Express Yourself	22 Happy Birthday Shu Qiu! 11:00am Fit to Function-FC 2:00pm Entertainment on Main Street 2:30pm Sing-Along with Janet	23 11:00am Stay Strong-FC 1:30pm Outing: Mum Show 6:00pm Neighbourhood Time	24 2:00pm Entertainment with John & Sheila Ludgate on Stonechurch 3:30pm Brains and Banter 6:00pm Neighbourhood Time
25 1:30pm Soothing Sensations 2:30pm Church Service-TH 3:15pm Fellowship 6:00pm Neighbourhood Time	26 9:30am Neighbourhood Time 10:30am Integenerational Jamboree Music Therapy-SC 11:00am Express Yourself 2:00pm Bingo-CC 2:00pm In the Kitchen 3:00pm Spiritual Pause with Janet-CH 3:30pm Stepping Out	27 11:00am Stay Strong-FC 1:00pm For the Soul with Janet 1:30pm Neighbourhood Time 3:00pm You & Me 6:00pm Brains and Banter	28 9:30am Neighbourhood Time 11:00am Celebration of Life-TH 2:00pm Tai Chi-FC 2:00pm Circle of Friends 2:15pm Hort Happens with Crystal 3:30pm Musical Moments 5:00pm Diner’s Club: Toma La (Portuguese Food)	29 11:00am Fit to Function-FC 1:30pm Neighbourhood Time 2:30pm Sing-Along with Janet 3:00pm In the Kitchen 6:00pm Soothing Sensations	30 Candy Corn Day 10:30am Music Therapy with Natalie 11:00am Stay Strong-FC 2:00pm Birthday Bash-CC 3:30pm For the Fun of Fit 6:00pm Neighbourhood Time	31 Halloween 10:00am Halloween Howl - Childrens’ Costume Parade-MS 2:00pm Halloween Party-CC 3:30pm Stepping Out

Birthdays This Month:

- Shu Qiu L. - October 22nd

