



October 2026

Omagh 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.				10:30 Rosary & Communion - SC 1 11:00 SIT N GET FIT (OM-PHYSIO) 1:00 Neighbourhood Time 2:30 Travelogue 4:00 Neighborhood Bingo 6:30 You and Me	9:30 Neighbourhood Time 2 11:00 Manicures 2:30 Word Games 3:30 Stepping Out 3:30 Specialized Exercise Class	9:30 Neighbourhood Time 3 10:30 Christmas Market Preparations 2:00 Bingo 3:30 Movie Afternoon
9:30 Neighbourhood Time 4 10:30 Church Service(SC) 2:30 Active Game - MS 3:30 You and Me	9:30 Neighbourhood Time 5 10:30 SUN N STRETCH (COURTYARD) 11:00 Manicure Monday 11:00 SIT N GET FIT (OM-PHYSIO) 2:30 Christmas Market Preparations 3:00 SUN N STRETCH (COURTYARD) 4:00 Stepping Out	9:30 Neighbourhood Time 6 11:00 MUSIC & MOTION (OM-PAL) 11:00 AUTUMN BURN CIRCUIT (FITNESS CENTRE) 1:00 For the Soul 2:30 Spooky Chocolate Covered Strawberries 4:00 You and Me	9:30 Neighbourhood Time 7 11:00 TURKEY HUNT (FITNESS CENTRE) 11:00 Curling 2:30 Coffee & Donut Drive-Thru 3:30 You and Me	9:00 For the Soul 8 10:30 APPLE TOSS (FITNESS CENTRE) 10:30 Rosary and Com. - SC 11:00 SIT N GET FIT (OM-PHYSIO) 1:00 Neighbourhood Time 2:30 Christmas Market Preparations 3:00 APPLE TOSS (FITNESS CENTRE) 6:30 Stepping Out	9:30 Neighbourhood Time 9 11:00 Manicures 2:00 HARVEST HOLE (FITNESS CENTRE) 2:00 Thanksgiving Table Centerpieces Making	9:30 Neighbourhood Time 10 11:00 Ball Toss 2:30 Fitness Bingo 3:30 Movie Afternoon
9:30 Neighbourhood Time 11 10:30 Church Service(SC) 2:00 PUMPKIN BOWLING (FITNESS CENTRE) 2:30 Active Game - MS 3:30 You and Me	Thanksgiving Day 12 11:00 SIT N GET FIT (OM-PHYSIO) 1:00 Neighbourhood Time 2:30 Thanksgiving Celebration 4:00 You and Me 6:00 Christmas Market Preparations	9:30 Neighbourhood Time 13 11:00 MUSIC & MOTION (OM-PAL) 1:30 Springridge Farm 4:00 You and Me	9:30 Neighbourhood Time 14 11:00 Balloon Toss 2:30 Make Your Own Keychain 3:30 Connect 4	10:30 Catholic Mass 15 11:00 SIT N GET FIT (OM-PHYSIO) 1:00 Neighbourhood Time 2:30 Painting Club 3:30 You and Me 6:00 Java Music	9:30 Neighbourhood Time 16 11:00 Manicures 2:30 Residents' Council Meeting 3:30 Specialized Exercise Class	9:30 Neighbourhood Time 17 10:30 Christmas Market Preparations 2:00 Bingo 3:30 Movie Afternoon
9:30 Neighbourhood Time 18 10:30 Church Service(SC) 2:30 Active Game - MS 3:30 You and Me	Vendor - Timeless Reflections (11:00 am) 19 9:30 Neighbourhood Time 11:00 Manicure Monday 11:00 SIT N GET FIT (OM-PHYSIO) 2:30 Baking Club 3:30 Socials	9:30 Neighbourhood Time 20 10:00 Bible Study 11:00 MUSIC & MOTION (OM-PAL) 1:00 For the Soul 2:30 Christmas Market Preparations 3:30 Drawing Class	9:30 Neighbourhood Time 21 11:00 Bowling 2:30 Design Your Own Necklace 2:30 You be the Judge 3:30 Stepping Out	Recreation Education Day 22 11:00 SIT N GET FIT (OM-PHYSIO)	9:30 Neighbourhood Time 23 11:00 Manicures 2:30 Birthday Celebration 3:30 Specialized Exercise Class 4:00 You and Me	9:30 Neighbourhood Time 24 11:00 Ball Toss 2:30 Special Bingo 3:30 Movie Afternoon
9:30 Neighbourhood Time 25 10:30 Church Service(SC) 11:30 Diners Club 2:30 Active Game - MS 3:30 You and Me	10:00 Municipal Election 26 11:00 SIT N GET FIT (OM-PHYSIO) 1:00 Neighbourhood Time 2:30 Word In Word 4:00 Manicure Monday 6:00 Christmas Market Preparations	9:30 Neighbourhood Time 27 11:00 MUSIC & MOTION (OM-PAL) 1:00 For the Soul 2:30 Christmas Market Preparations 4:00 Let's Do Puzzles	9:30 Neighbourhood Time 28 11:00 Ring Toss 2:30 Christmas Market Preparations 2:30 All About Me 3:30 Stepping Out	10:30 Rosary & Communion - SC 29 11:00 SIT N GET FIT (OM-PHYSIO) 1:30 Haunted House Decorating 6:30 Stepping Out	9:30 Neighbourhood Time 30 11:00 Manicures 2:30 Pumpkin Carving 3:30 Specialized Exercise Class 3:30 You and Me	9:30 Neighbourhood Time 31 10:30 Christmas Market preparations 2:30 Halloween Bingo 3:30 Movie Afternoon