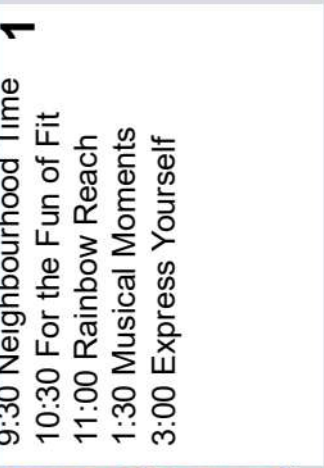
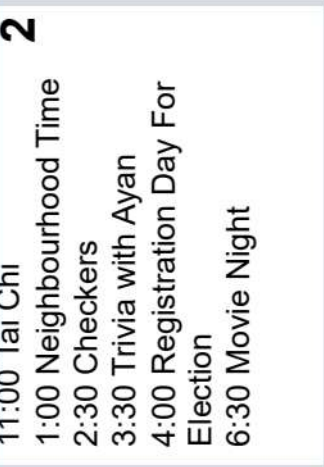
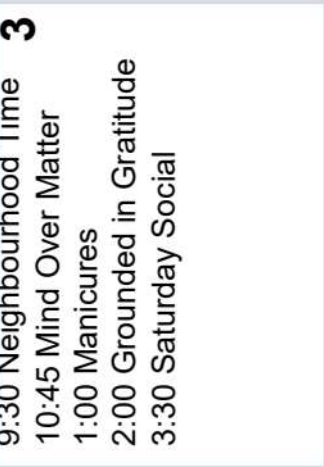
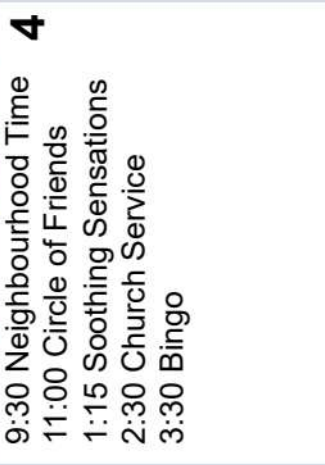
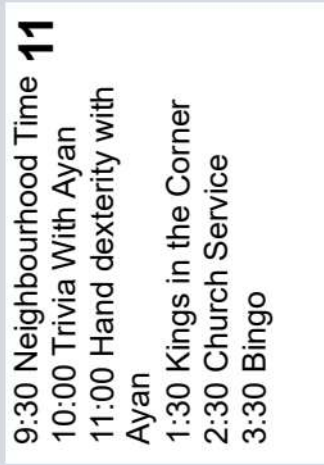
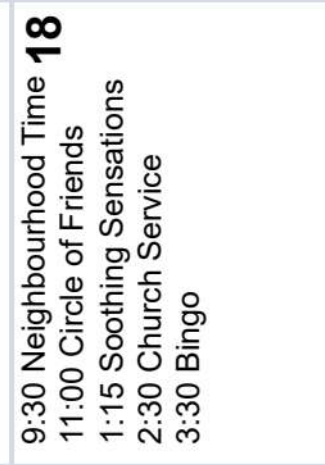


October 2026

Brougham Neighbourhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 9:30 Neighbourhood Time 11:00 Circle of Friends 1:15 Soothing Sensations 2:30 Church Service 3:30 Bingo	 9:30 Neighbourhood Time 10:00 Trivia with Ayan 11:00 Strong and Steady 11:00 Balcony Time 1:00 strength 2:00 Cards 3:00 Active Games	 1:45 Neighbourhood Time 2:30 Express Yourself 3:00 Active Games 4:15 Musical Moments 6:30 Special Bingo	 9:30 Neighbourhood Time 11:00 Strength Training 11:00 Stepping Out 3:00 Java Music Club 4:10 Cards 6:30 Arts and Crafts	 9:30 Neighbourhood Time 10:30 For the Fun of Fit 11:00 Rainbow Reach 1:30 Musical Moments 3:00 Express Yourself	 11:00 Tai Chi 1:00 Neighbourhood Time 2:30 Checkers 3:30 Trivia with Ayan 4:00 Registration Day For Election 6:30 Movie Night	 9:30 Neighbourhood Time 10:45 Mind Over Matter 1:00 Manicures 2:00 Grounded in Gratitude 3:30 Saturday Social
 9:30 Neighbourhood Time 10:00 Trivia With Ayan 11:00 Hand dexterity with Ayan 1:30 Kings in the Corner 2:30 Church Service 3:30 Bingo	Thanksgiving 9:30 Neighbourhood Time 10:00 Stepping Out 11:00 Strong and Steady 1:00 strength 1:15 Express Yourself 3:30 Active Games 4:00 Mind Over Matter	12 9:30 Neighbourhood Time 10:00 Stepping Out 11:00 Strong and Steady 1:00 strength 1:15 Express Yourself 3:30 Active Games 4:00 Mind Over Matter	13 1:45 Neighbourhood Time 2:30 Express Yourself 3:00 Active Games 4:15 Musical Moments 6:30 Special Bingo	14 9:30 Neighbourhood Time 11:00 Strength Training 11:00 Stepping Out 3:00 Cards 6:30 Arts and Crafts	15 9:30 Neighbourhood Time 10:30 For the Fun of Fit 11:00 Rainbow Reach 1:30 Musical Moments 3:00 Express Yourself 3:30 Hymn Sing	16 11:00 Tai Chi 1:00 Neighbourhood Time 1:30 Balcony Time 2:30 Checkers 3:30 Trivia with Ayan 6:30 Movie Night
 9:30 Neighbourhood Time 11:00 Circle of Friends 1:15 Soothing Sensations 2:30 Church Service 3:30 Bingo	18 9:30 Neighbourhood Time 11:00 Circle of Friends 1:15 Soothing Sensations 2:30 Church Service 3:30 Bingo	19 9:30 Neighbourhood Time 10:00 Trivia with Ayan 10:00 Balcony Time 11:00 Strong and Steady 1:00 strength 2:00 Cards 3:00 Active Games	20 1:45 Neighbourhood Time 2:30 Express Yourself 3:00 Active Games 4:15 Musical Moments 6:30 Special Bingo	21 9:30 Neighbourhood Time 11:00 Strength Training 11:00 Stepping Out 2:30 Entertainment with Mike Barnes 3:00 Cards 6:30 Arts and Crafts	22 9:30 Neighbourhood Time 10:30 For the Fun of Fit 11:00 Rainbow Reach 1:30 Musical Moments 3:00 Express Yourself 3:30 Hymn Sing	23 9:30 Mind Over Matter 10:30 Active Games 11:00 Tai Chi 1:00 Neighbourhood Time 3:00 Circle of Friends
 9:30 Neighbourhood Time 10:00 Trivia With Ayan 11:00 Hand dexterity with Ayan 1:30 Kings in the Corner 2:30 Church Service 3:30 Bingo	25 9:30 Neighbourhood Time 10:00 Trivia With Ayan 11:00 Hand dexterity with Ayan 1:30 Kings in the Corner 2:30 Church Service 3:30 Bingo	26 9:30 Halloween Cookie Decorating 9:30 Neighbourhood Time 10:00 Stepping Out 11:00 Strong and Steady 1:00 strength 1:15 Express Yourself 3:30 Active Games	27 1:45 Neighbourhood Time 2:30 Express Yourself 3:00 Active Games 4:15 Musical Moments 6:30 Special Bingo	28 9:30 Neighbourhood Time 11:00 Strength Training 11:00 Stepping Out 3:00 Cards 6:30 Pumpkin Painting & Paper Bats	29 9:30 Neighbourhood Time 10:30 For the Fun of Fit 11:00 Rainbow Reach 1:30 Musical Moments 3:00 Express Yourself 3:30 Hymn Sing	Halloween 9:30 Neighbourhood Time 10:45 Mind Over Matter 1:00 Manicures 2:00 Grounded in Gratitude 2:30 Halloween Entertainment Jay & Leah