

OCTOBER

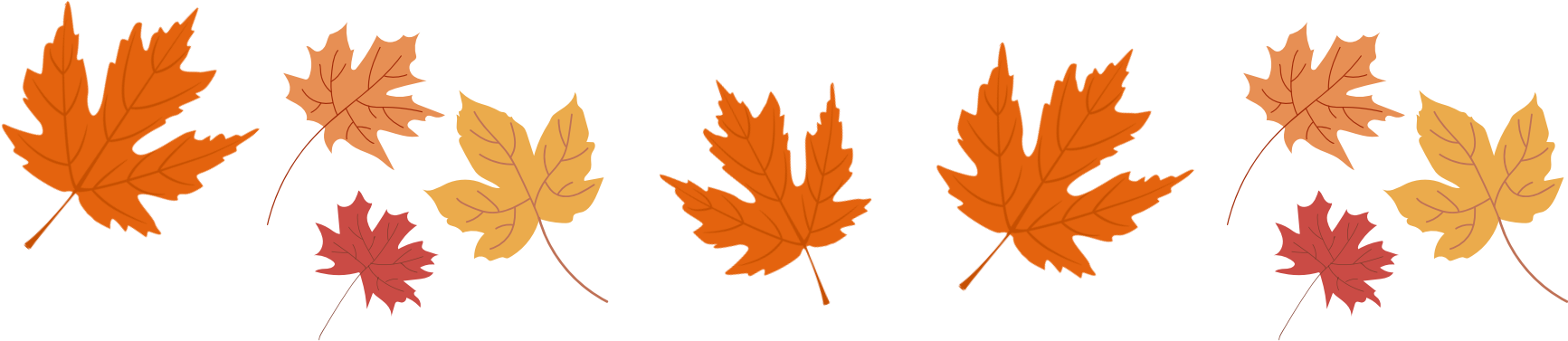
Pollock Neighbourhood

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 Rec Education 9:30 Chapel Service (C) 10:30 Zumba (FC) 12:30 Greenhouse Drop-in 2:00 Green Thumbs 3:30 Express Yourself	2 1:15 Neighbourhood Time 2:00 Bingo on Downey 3:30 Active Games (FC) 4:00 Stepping Out 6:30 Crafting Club (CC)	3 10:00 Short Stories 11:00 Manicures 2:00 Family Games (CC) 3:30 Stepping Out
4 9:00 Neighbourhood Time 10:00 For the Soul 2:00 Stepping Out 3:00 Art and Crafts 4:00 You and Me	5 Active Aging Week 12:30 Greenhouse Drop-in 1:30 Neighbourhood Time 1:45 Music with Mallory 3:00 Active Games 6:30 Game Show Trivia (CC)	6 9:30 Rosary (C) 10:00 Art with Jordan 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 4:00 Stepping Out 6:30 Karaoke Outing	7 9:00 Neighbourhood Time 10:00 Conversation Cafe with Students 10:30 October Trivia 2:00 PEG Talk: Baseball Legends (C) 3:30 Manicures 3:30 Balance Class (FC) 6:30 Film & Popcorn	8 9:30 Chapel Service (C) 10:30 Active Competition 12:30 Greenhouse Drop-in 1:30 Soothing Sensations 2:00 Green Thumbs 3:00 Brains and Banter 6:30 Active Games (MS)	9 10:00 Card Games 11:00 You and Me 2:00 Bingo on Pollock 3:30 Active Games (FC) 3:30 Stepping Out 6:30 Crafting Club (CC)	10 9:00 Neighbourhood time 10:30 Stepping Out 2:00 Entertainment with Lynne & Rick (Do) 3:00 You and Me
11 9:30 Neighbourhood Time 10:00 For the Soul 11:00 You and Me 1:30 Creative Moments 3:00 Active Games	12 Thanksgiving 9:00 Neighbourhood Time 10:15 Arts and crafts 11:00 You and Me 2:00 Card Bingo 3:00 Stepping Out 6:30 Game Show Trivia (CC)	13 9:30 Rosary (C) 10:00 Art with Jordan 11:00 Picture Day! 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 Soothing Sensations	14 10:00 Short stories 11:00 Manicures 2:00 Games Afternoon with Eugenio (C) 3:30 Balance Class (FC) 4:00 Stepping out 6:30 Games Night (CC)	15 9:30 Chapel Service (C) 10:30 Zumba (FC) 10:30 Daily Perk 12:30 Greenhouse Drop-in 2:00 Residents Council (C) 2:00 Green Thumbs 2:15 Express Yourself 3:30 Stepping Out 6:30 Active Games (MS)	16 1:15 Express Yourself 2:00 Bingo On Downey 3:30 Active Games (FC) 4:00 Stepping Out 6:30 Crafting Club (CC)	17 10:00 Balloon Badminton 11:00 You and Me 2:00 Entertainment with Barry (Ma) 3:30 Stepping Out

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18 10:00 For the Soul 11:00 You and Me 2:00 Card Games 3:30 Stepping Out	19 12:30 Greenhouse Drop-in 1:30 Neighbourhod Time 1:45 Music with Mallory 3:00 Brains and Banter 6:30 Game Show Trivia (CC)	20 9:30 Rosary (C) 10:00 Art with Jordan 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 4:00 Stepping out 6:30 In the Kitchen: Caramel Apple Cider (CC)	21 9:30 Neighbourhod Time 11:00 Circle of Friends 1:30 For the Fun of Fit 2:00 Food Committee (Do) 3:00 Stepping Out 3:30 Balance Class (FC) 6:30 Games Night (CC)	22 9:00 Neighbourrhood Time 9:30 Chapel Service (C) 10:30 Soothing Sensations 11:15 You and Me 2:00 Chaplain’s Chat 3:00 Stepping Out	23 9:30 Neighbourhood Time 10:30 Express Yourself 2:00 Bingo on Pollock 3:30 Active Games (FC) 3;30 You and Me 6:30 Crafting Club (CC)	24 9:00 Neighbourhood Time 10:00 Manicures 11:00 You and me 2:00 Oktoberfest Party with Rich (MS)
25 Spiritual Care Week 10:00 For the Soul 11:00 Soothing Sensations 2:00 Express Yourself 3:00 Stepping Out	26 Municipal Election 10am-3pm in Retirement 9:00 Neighbourhood Time 10;00 Stepping Out 11:00 You and Me 12:30 Greenhouse Drop-in 1:45 Music with Mallory 2:30 Stepping Out 4:00 Express Yourself 6:30 Game Show Trivia (CC)	27 9:30 Rosary (C) 10:00 Art with Jordan 10:00 Brains and Banter 11:00 Stepping Out 2:00 Bingo (MS) 3:15 Hand Therapy (FC)	28 9:30 Neighbourhod Time 11:00 Circle of Friends 1:30 For the Fun of Fit 3:00 Active Games 3:30 Balance Class (FC) 6:30 Games Night (CC)	29 9:30 Chapel Service (C) 10:30 Zumba (FC) 12:30 Greenhouse Drop-in 2:00 Green Thumbs 6:30 Active Games (MS)	30 9:30 Bus Outing 2:00 Bingo On Downey 3:30 Active Games (FC) 4:00 Stepping Our 6:30 Crafting Club (CC)	31 Halloween 9:30 Neighbourhod Time 11:00 For the Fun of Fit 2:00 Entertainment with Michael (Wr) 3:30 Brains and Banter

Outings:
October 30th - Fall Leaf Tour

Your Recreation Team:
Full-Time - Summit
Part-Time - Kulvir

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.

