

OCTOBER 2026



Location Legend

SS = Activity Room
MR = Movie Room
FF = Front Foyer
DR = Dining Room
2nd = Floor Lounge
3rd = Card Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 National seniors day 10:00 Sit Fit-SS 11:15 Gentle movement 12:15 Zumba - SS 2:00 Aqua Fitness-pool 2:15 Asst'd living-paint	2 1:00 Fairview 10:00 Joints in motion-ss 10:30 Asst'd living-game 4:00 Happy hour - **David Longlade - SS**	
4 Taco Day 	5 10:00 Sit Fit -SS 11:15 gentle movement 2:00 Bingo-Assist'd- 3:00 Memory Fitness Tea- SS	6 9:45 Grocery Shopping 11:15 Asst'd living-Trivia 2:15 Asst'd living-game 2:00 Aqua Fitness-pool 2:00 Communion service- 3:00 Scattergories-SS	7 YMTMD 10:30 Chair Yoga-SS 11:15 Asst'd living-game 1:30 Craft Corner-SS 1:30 Quinn Farm 3:30 Asst'd living -game	8 10:00 Sit Fit-SS 11:15 Gentle movement- 12:45 **Rendez vous** 1:30 Health Matters-SS 2:00 Aqua fitness-pool 3:30 Asst'd living-paint	9 10:00 Joints in motion-ss 11:00 Asst'd living-walking 1:00 Tai Chi - SS 2:15 Asst'd living-game 4:00 Happy hour - **Kathleen Bolton-SS**	10 Angel food cake day 
11  5:00pm Thanksgiving Dinner	12 	13 9:45 Grocery Shopping 11:15 Asst'd living-Trivia 2:00 Asst'd living-music 2:00 Aqua Fitness-pool 2:00 Communion service- 3:00 Scattergories-SS	14 10:30 Chair Yoga-SS 11:15 Asst'd living-game 1:30 Craft Corner-SS 2:15 Asst'd living -game 3:30 Shuffleboard-ss	15 10:00 Sit Fit-SS 11:15 Gentle movement 1:30 Health Matters-ss 2:00 Aqua Fitness-pool 3:30 Asst'd living-paint	16 World food day 1:00 Pte. Claire 10:00 Joints in motion-ss 10:30 Asst'd living-game 12:30 Art Display-SS 4:00 Happy hour-**Bart-SS**	
18 	19 Donut Day 10:00 Sit Fit -SS 11:15 gentle movement 2:00 Bingo-Assist'd- 3:00 Memory Fitness Tea- SS	20 9:45 Grocery Shopping 11:15 Asst'd living-Trivia 2:15 Asst'd living-game 2:00 Aqua Fitness-pool 2:00 Communion service- 3:00 Scattergories-SS	21 10:30 Chair Yoga-SS 11:15 Asst'd living-game 12:00 Luncheon - Mon village - 1:30 Craft Corner-SS 3:00 Asst'd living -game	22 10:00 Sit Fit-SS 11:15 Gentle movement 1:30 Health Matters-ss 2:00 Aqua Fitness-pool 3:30 Asst'd living-paint	23 10:00 Joints in motion-ss 11:00 Asst'd living-walking 1:00 Tai Chi - SS 2:15 Asst'd living-game 4:00 Happy hour- **Johanne Merv & Doreen-SS**	24
25 **3:00 Anglican Service - SS Activity Room**	26 Pumpkin Day 10:00 Sit Fit -SS 11:15 gentle movement 2:00 Bingo-Assist'd- 3:30 Birthday Tea- SS	27 9:45 Grocery Shopping 11:15 Asst'd living-Trivia 2:00 Asst'd living-music 2:00 Aqua Fitness-pool 2:00 Communion service- 3:00 Scattergories-SS	28 10:30 Chair Yoga-SS 11:15 Asst'd living-game 1:30 Craft Corner-SS 2:15 Asst'd living -game 3:30 Shuffleboard-ss	29 Oatmeal Day 10:00 Sit Fit-SS 11:15 Gentle movement 1:30 Health Matters-ss 2:00 Aqua Fitness-pool 3:30 Asst'd living-paint	30 1:00 Fairview 10:00 Joints in motion-ss **11:15 Mass service-SS** 12:30 Art Display -SS 4:00 Happy hour -**Sheli-SS** 5:00 Halloween costume	31 

Happy Birthday to the Residents

October 3rd Valerie Campbell
October 6th Eliane Fizet
October 8th Luba Trepanier
October 19th Jeanne Taylor
October 21st Gay Campbell
October 28th Jeannine Macdonald
October 29th Anne Scott

Shopping 9:45am twice a month

October
2nd Fairview
16th Pte. Claire
30th Fairview

Grocery Shopping at Maxi

Every Tuesdays, at 9:45am

Please Sign up at the front desk for outings

ENTERTAINMENT

Starting on Thursday October 8th My Health Matters Program workshop. Topic: BREATHING (4 sessions Oct 8, 15th, 22nd, and 29th). Come learn how emotions affects the body and your breathing. - SS

Thursday October 1st at 12:15pm Zumba dance class- SS

Friday October 2nd at 4:00pm Entertainer **David Longlade,** singing and dancing - SS

Wednesday October 7th at 1:30pm, meeting in the front lobby for a drive to **Quinn Farm**. An afternoon with wagon ride, and **Apple Picking. Sign up at Front Desk. Weather permitting.**

Thursday October 8th at 12:45pm Senior Rendez vous at Fritz Farm. Sign up at front desk, Deadline for sign up is Monday October 5th

Friday October 9th at 4:00pm. Music entertainment with **Kathleen Bolton - ss**

Sunday October 11th, at 5:00pm will be our special Thanksgiving Dinner. DR

Friday October 16th, & 30th at 12:30pm. Residents Art work / Photography on display, Activity room - SS

Friday October 16th, at 4:00pm **Bart Chislett keyboard music entertainer** singing and dancing -SS

Wednesday October 21st at 12:00 pm meeting in the front lobby for luncheon at: **Mon Village. Sign up at front desk**

Friday October 23rd at 4:00pm entertainer .**Joanne Coutler, Merv & Doreen** Singing and dancing – SS

Friday October 30th, at 4:00pm **Sheli Stevens entertainer,** singing and dancing. - SS

Friday October 30th. Happy Halloween!!. Show off your Halloween mask or costume at Halloween Lunch and Supper. Let's have fun!!