

  October 2026 Retirement Recreation Calendar  						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Location Legend: M = Main Lobby L = Lower Level 3 = 3rd Floor				10:30 Java Music Club 1 (3) 1:45 Outing: Shopping Shuttle to Walmart 1:45 3rd Floor Balloon Badminton (3) 3:30 Seated Yoga (L)	Oktoberfest! 2 10:45 Movement Matters VON (L) 1:45 Bingo (L) 3:30 Glamour Circle (3) 7:00 Oktoberfest Pub Night with Paula French (M)	10:00 Fun With Words 3 (M) 11:00 Balloon Badminton (3) 1:45 Darts (L) 3:30 Teas of the World (M)
9:30 Bird Visits (M) 4 10:30 Hour of Worship (L) 11:00 Friendly Visits (1/2) 1:45 Bean Bag Toss (3) 3:30 Movement Matters with Recreation (M) 7:00 Cornerstone Church Service (M)	10:45 Movement Matters VON (L) 5 1:45 Gratitude Craft (M) 3:30 Sing-a-Long (3)	Breast Cancer Awareness! 6 10:00 Spiritual Songs & Stories (M) 2:00 Chocolate Bar Bingo (3) 3:30 Movement Matters with Recreation (L) 7:00 Name that Tune (M)	10:00 Montessori Activities (3) 7 1:45 Billiards & Games (M) 3:30 Seated Yoga (L)	1:45 Floor Curling (L) 8 3:00 Dinner Party Craft (M) 3:30 Seated Yoga (L) 7:00 You Be the Judge (M)	10:45 Movement Matters VON (L) 9 11:00 Outing: Abigail's Tea House 1:45 Bingo (L) 3:30 Joanna's 100th Birthday Celebration! (M) 7:00 Entertainment with Bob Reid (M)	World Mental Health Day 10 10:00 NYT Games & Crosswords (L) 11:00 Teas of the World (M) 1:45 Horse Races (L) 3:30 3rd Floor Bean Bag Toss (3)
10:30 Hour of Worship (L) 11 11:00 Friendly Visits (1/2) 1:45 Hymn Sing (3) 3:30 Seated Yoga (L)	Thanksgiving Day! 12 10:45 Movement Matters VON (L) 2:00 Birthday Party with Vili V. (M) 3:30 Gratitude Craft (3)	2:00 Chocolate Bar Bingo (3) 13 3:30 Movement Matters with Recreation (L) 7:00 Short Stories by the Fireplace (M)	10:00 RC Communion (1st Floor LTC) 14 1:45 Outing: Puddicombe Farms 4:00 Seated Yoga (L) 7:00 Bingo (L)	Black and Orange Day! 15 11:00 Java Music Club (3) 1:45 Outing: Bennett's 4:00 Seated Yoga (L) 5:00 Meal Club: Mary Brown's Chicken (M)	10:45 Movement Matters VON (L) 16 1:45 Bingo (L) 3:30 Glamour Circle (3) 7:00 Entertainment with Zack Erikson (M)	10:00 You Be The Judge (M) 17 11:00 Balloon Badminton (3) 1:45 Darts (L) 3:30 Teas of the World (M)



October 2026

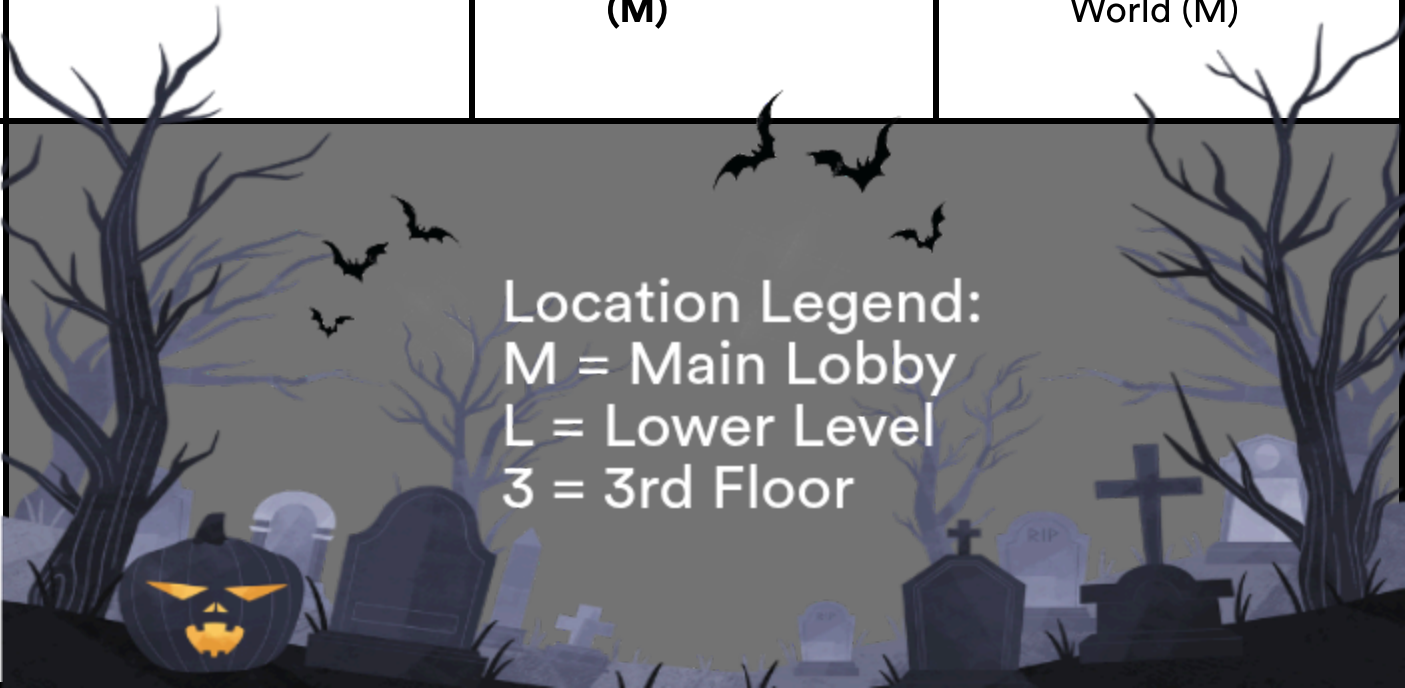
Retirement Recreation Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Bird Visits (M) 18 10:30 Hour of Worship (L) 11:00 Friendly Visits (1/2) 1:45 Chicken Soup for the Soul Short Stories (3) 3:30 Movement Matters with Recreation (L) 7:00 Cornerstone Church Service (M)	10:45 Movement Matters VON (L) 19 1:45 Dinner Party Decorating! (L) 3:30 Java Time (3)	10:00 Spiritual Songs & Stories (M) 20 1:45 Outing: Gage Park Mum Show 3:30 Music with Lindsey! (3) 3:30 Movement Matters with Recreation (L)	Spooky Shirt/Scrub Day! 21 10:00 Brain Games (M) 1:30 Resident Council & Food Committee (L) 1:45 Java Time (3) 3:30 Seated Yoga (L)	Spooky Shirt/Scrub Day! 22 2:00 Halloween Entertainment with Synchronicity (M) 3:30 3rd Floor Bean Bag Toss (3) 7:00 Wine Tasting (M)	Black & Silver Day! 23 10:45 Movement Matters VON (L) 1:45 Bingo (L) 3:30 Glamour Circle (M) 5:00 Dinner Party! 1st Sitting & 3rd Floor 6:00 Dinner Party! 2nd Sitting	10:00 Fun With Words (M) 24 11:00 Sing-a-Long (3) 1:45 Horse Races (L) 3:30 Teas of the World (M)
10:30 Hour of Worship (L) 25 11:00 Friendly Visits (1/2) 1:45 Hymn Sing (3) 3:30 Seated Yoga (L)	Pumpkin Day! 26 10:45 Movement Matters VON (L) 1:00 Voting - Municipal Election (L) 3:30 Pumpkin Decorating (3)	2:00 Chocolate Bar Bingo (3) 27 3:30 Movement Matters with Recreation (L) 7:00 Halloween Happy Hour & Family Pumpkin Carving (M)	10:00 Catholic Mass 28 (1st Floor LTC) 10:15 Art Class with Susan (L) 1:45 Ring Toss (3) 1:45 Outing: Shopping Shuttle to Giant Tiger 3:30 Seated Yoga (L) 7:00 Bingo (L)	1:45 Finishing the Lines/Lyrics (3) 29 3:30 Seated Yoga (L) 7:00 Pumpkin Walk (L)	Halloween Costume Day! 30 10:45 Movement Matters VON (L) 1:45 Bingo (L) 3:30 Halloween Party! (3) 7:00 Halloween Party with Escapade (M)	Halloween Costume Day! 31 10:00 Halloween Around the World with Lillian (M) 11:00 Balloon Badminton (3) 1:45 Horse Races (L) 3:30 Spooky Teas of the World (M)



All programs are subject to change and will be posted on the Program boards.

To sign up for outings, please contact Miranda Gamelin, Programs Manager at ext. 117



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L = Lower Level
3 = 3rd Floor