

October 2025 ~Arbours

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1  8:15 Morning Greetings 9:30 Walk The Block 10:00 Sit & Dance 2:00 Neighbourhood Visits Daily Chronicle	2  8:15 Morning Greetings 10:00 Resident Council Meeting 2:00 Blackjack  21	3  8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Music  Appreciation Daily Chronicle	4 
5  Daily Chronicle 2:00  Sunday Church St John's Anglican	6  8:15 Morning Greeting 10:00 Balloon Volleyball  2:00 Word In A Word 	7  8:15 Morning Greetings 11:15 Catholic Mass  2:00 Turkey Bingo 	8  8:15 Morning Greetings 9:30 Walk The Block 10:00 Sit & Dance 2:00 Jukebox Favourites 	9  8:15 Morning Greetings 10:00 Mindful Meditation  2:00 Creative Corner 	10  8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Gratitude Party Daily Chronicle	11 
12  Daily Chronicle 2:00  Sunday Church Jesus Is Lord	13 <u>Thanksgiving</u>  8:15 Morning Greeting 10:00 Neighbourhood Visits 2:00 Turkey Shoot  Daily Chronicle	14  8:15 Morning Greetings 10:00 Do you Recall? 2:00 Bocce Ball  Daily Chronicle	15  8:15 Morning Greetings 9:30 Walk The Block 10:00 Sit & Dance 2:00 Ice Cream Social 	16  8:15 Morning Greetings 10:00 Mindful Meditation  2:00 Creative Corner 	17  8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Country Jam with Jan Matthews Daily Chronicle	18 
19  Daily Chronicle 2:00  Sunday Church Christian Reformed	20  8:15 Morning Greeting 10:00 Balloon Volleyball  2:00 California Travelogue 	21  8:15 Morning Greetings 10:00 News & Views 2:00 Bingo Boo-nanza  Daily Chronicle	22  8:15 Morning Greetings 9:30 Walk The Block 10:00 Sit & Dance 2:00 Jam Factory In the Fireside	23  8:15 Morning Greetings 10:00 Mindful Meditation  2:00 See You Thursday 	24  8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Moonlight Talkers Daily Chronicle	25 
26  Daily Chronicle 2:00 Sunday Church ShareWord Global	27  10:00 Balloon Volleyball  2:00 Halloween Fill In Game	28  10:00 Tales of Halloween 2:00 Pumpkin Decorating 	29  8:15 Morning Greetings 9:30 Walk The Block 10:00 Sit & Dance 2:00 Gold Swing	30 10:00 Mindful Meditation  2:00 Ghost Races 	31 <u>HALLOWEEN</u>  10:00 Halloween Fun in the Fireside	

October 2025 ~Meadows

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 2:00  Andy's Musical Tour At the Meadows	2 10:00  Chair Yoga For Beginners	3 10:00 Fun & Fitness at the Arbours 2:00  Blackjack	4 
5 2:00  Church Service Jesus Is Lord at the Arbours	6 2:00  Bingo Bonanza	7 10:00  Chair Yoga 11:15  Catholic Mass	8  2:00 Tovertafel Demonstration	9 10:00  Chair Yoga 	10 10:00 Fun & Fitness at the Arbours 2:00  Dice Box	11 
12 2:00  Church Service Church of God at the Arbours	13  Happy Thanksgiving	14 10:00  Chair Yoga 2:00 Circle of Friends	15 2:00  Ken's Prairie Tunes At the Meadows	16 2:00  Meditation With Gae 4th Floor	17 10:00 Fun & Fitness at the Arbours 2:00  Word In A Word	18 
19 2:00  Church Service New Life at the Arbours	20 2:00  Bingo Bonanza	21 10:00  Chair Yoga 2:00 BBQ  Lunch	22 2:00   Karaoke Singalong	23 10:00  Chair Yoga 	24 10:00 Fun & Fitness at the Arbours 2:00  Elvin & Al At the Meadows	25 
26 2:00  Church Service ShareWord Global at the Arbours	27 2:00  Pumpkin Decorating	28 9:30 Breakfast Club 2:00 Tenant Meeting 	29 2:00  Circle of Friends	30 6:00 	31 HALLOWEEN Lunchtime Trick or Treat 	