

October 2026 ~Arbours

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				 1 8:15 Morning Greetings 10:00 Meditation 11:00 Finish The Phrase 1:00 Walk The Block 2:00 Garden Clean Up 3:00 Laugh Therapy	 2 8:15 Morning Greetings 10:00 Fun & Fitness 11:00 Parachute 1:00 Marketplace 2:00 Parry Plays Country Classics	
 4 8:15 Morning Greetings Daily Chronicle 2:00 Sunday Church St John's Anglican	 5 8:15 Morning Greetings 10:00 Balloon Volleyball 11:00 Sports Review 1:00 Walk The Block 2:00 Resident Council 3:00 Easy Bake Oven	 6 8:15 Morning Greetings 10:15 Mobile Trivia 11:15 Catholic Mass 1:00 This Day In History 2:00 Bingo Bonanza 3:00 Van Morrison Hits	 7 8:15 Morning Greetings 10:00 Sit & Dance 11:00 Read The Stars 1:00 Marketplace 2:00 Music History with Andy	 8 8:15 Morning Greetings 10:00 Meditation 11:00 Finish The Phrase 1:00 Walk The Block 2:00 Creative Corner 3:00 Name That Tune	 9 8:15 Morning Greetings 10:00 Fun & Fitness 11:00 Spin To Win 1:00 Marketplace 2:00 Fireside Movie Matinee 	
 11 8:15 Morning Greetings Daily Chronicle 2:00 Sunday Church Brother Peter	 12 8:15 Morning Greetings 10:00 Balloon Volleyball 11:00 Sports Review 1:00 Walk The Block 2:00 Give Thanks 3:00 Easy Bake Oven	 13 8:15 Morning Greetings 10:00 News & Views 11:00 Hank Williams Hits 1:00 One To One Visits 2:00 Bowling  3:00 Art Walk	 14 8:15 Morning Greetings 10:00 Sit & Dance 11:00 Read The Stars 1:00 Marketplace 2:00 Ice Cream Social 	 15 8:15 Morning Greetings 10:00 Meditation 11:00 Finish The Phrase 1:00 Walk The Block 2:00 Target Shoot 3:00 Hank Williams Hits	 16 8:15 Morning Greetings 10:00 Fun & Fitness 11:00 Spin To Win 1:00 Marketplace 2:00 Jam Factory Performance	
 18 8:15 Morning Greetings Daily Chronicle 2:00 Sunday Church New Life	 19 8:15 Morning Greetings 10:00 Balloon Volleyball 11:00 Sports Review 1:00 Walk The Block 2:00 Travelogue 3:00 Easy Bake Oven	 20 8:15 Morning Greetings 10:00 Reminisce 11:00 Tone Chimes 1:00 This Day In History 2:00 Bingo Bonanza 3:00 Bob Seger Hits	 21 8:15 Morning Greetings 10:00 Voting Day BC Provincial Election 1:00 Marketplace 2:00 Jukebox Karaoke 	 22 8:15 Morning Greetings 10:00 Meditation 11:00 Finish The Phrase 1:00 Walk The Block 2:00 Creative Corner 3:00 Name That Tune	 23 8:15 Morning Greetings 10:00 Fun & Fitness 11:00 Spin To Win 1:00 Marketplace 2:00 Evergreen Choir 	
 25 8:15 Morning Greetings Daily Chronicle 2:00 Sunday Church ShareWord Global	 26 8:15 Morning Greetings 10:00 Balloon Volleyball 11:00 Sports Review 1:00 Walk The Block 2:00 Pumpkin Decorating 	 27 8:15 Morning Greetings 10:00 News & Views 11:00 Dolly Parton Hits 1:00 One To One Visits 2:00 Pumpkin Race 3:00 Art Walk	 28 8:15 Morning Greetings 10:00 Sit & Dance 11:00 Read The Stars 1:00 Marketplace 2:00 Just Jim Jamboree 	 29 8:15 Morning Greetings 10:00 Meditation 11:00 Finish The Phrase 1:00 Walk The Block 2:00 See You Thursday 3:00 Laugh Therapy	 30 8:15 Morning Greetings 10:00 Halloween Dress Up Party 1:00 Marketplace 2:00 Door To Door Trick Or Treat	

October 2026 ~Meadows

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			 A member of the Park Place family	1  10:00 Chair Yoga 12:30 Library Visit	2  2:00 Cider & Apple Crumble	3 
4  2:00 Sunday Church St John's Anglican at the Arbours	5  2:00 Ice Cream Floats 	6  10:00 Chair Yoga 11:15 Catholic Mass @ Arbours	7  10:00 Exercise 2:00 FW Woolworth Five & DIme	8  10:00 Chair Yoga 	9  2:00 Karaoke 	10 
11  2:00 Sunday Church Brother Peter at the Arbours	12  2:00 Gratitude Bingo 	13  9:30 Meadows Breakfast  2:00 Word In A Word	14  10:00 Exercise 2:00 Colonial Taverns in the 1700's	15  10:00 Chair Yoga 2:00 Fill In The Blank	16  2:00 Dennis Sings Songs 	17 
18  2:00 Sunday Church St Andrew's Presbyterian at the Arbours	19  2:00 No Bake Baking	20  10:00 Chair Yoga 6:00 Casino Night 	21  10:00 Exercise 1:00 - 3:00 Voting Day BC Provincial Election	22  10:00 Chair Yoga 2:00 Travelogue "Czech Republic"	23  2:00 Karaoke & Ice Cream 	24 
25  2:00 Sunday Church ShareWord Global at the Arbours	26  2:00 Bingo Boo-nanza 	27  10:00 Chair Yoga 2:00 Tenant Meeting	28  10:00 Exercise 2:00 Pumpkin Decorating 	29  10:00 Chair Yoga 2:00 Fill In The Blank	30  Lunchtime Trick Or Treat Costume Parade 	31 