

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>October 2024</h1> <p>Parkwood Suites, Garden Homes, &amp; DLMA</p>		<b>1</b> 9:30 Qi Gong (FH) 10:30 Hymn Sing (MPR) 1:30 Dominoes (MPR) 2:30 Craft: Design Your Own Postcards (MPR)	<b>2</b> <b>10:00 Music with Henry Winter (FH)</b> 1:30 Ladder Ball Toss (CR) 2:30 Yahtzee (MPR)  <small>Rosh Hashanah Begins</small>	<b>3</b> 9:30 Strength & Conditioning (Gym) <b>12:00 Kindness Walk Fundraiser BBQ</b> <b>*Sign-up required</b> 1:15 Hot Wax Treatment (Gym)	<b>4</b> 9:30 Flexibility Fitness (CR) 10:30 Paper Quilling Craft (MPR) 1:30 Word Games (CR) 2:30 Bingo (MPR) 3:30 Piano Music with Angela (FH)	<b>5</b> 10:00 Exercise Circle with Brandon (CR)  1:00 Kindness Walk Homecoming Welcome (FP)
<b>6</b> 10:30 Sunday Service with Chaplain Ellen (FH)  2:00 Crochet Club (FH)	<b>7</b> 9:30 Lower Body Strength (CR) 10:30 Crokinole (GR) 1:30 Bean Bag Toss (CR) 2:30 Spirit Circle with Ellen (CR)	<b>8</b> <b>Oktoberfest Day</b> 9:30 Qi Gong (FH) 10:30 Bible/Prayer Group (CR) <b>12:00 Lunch Club: Oktoberfest Lunch</b> 1:30 Travelogue: Oktoberfest (CR) 2:30 Oktoberfest Social (MPR)	<b>9</b> 9:30 Beach Ball Fun (CR) 10:30 Hymn Sing (MPR) 11:00 R.C Communion Visits <b>11:00 Lunch at Anna Mae's *sign up required</b> 3:00 Bocce Ball (CR)	<b>10</b> 9:30 Lower Body Strength (CR) 10:30 Devotions with Knox Presbyterian Church (FH) 1:15 Hot Wax Treatment (Gym)	<b>11</b> 9:30 Flexibility Fitness (CR) 10:30 Thanksgiving Flower Arranging (MPR) 1:30 Fact or Fiction (CR) 2:30 Bingo (MPR)  <small>Yom Kippur Begins</small>	<b>12</b> <b>2:00 Thanksgiving Tea (FH)</b>
<b>13</b> 10:30 Thanksgiving Service with Chaplain Ellen (FH)	<b>14</b> 9:30 Lower Body Strength (CR) 10:30 Autumn Watercolour Painting (MPR) 1:30 Giant UNO (MPR) 2:30 Spirit Circle with Ellen (CR)  <small>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</small>	<b>15</b> 9:30 Qi Gong (FH) 10:30 Men's Club: City of Waterloo Presentation (FH) 10:30 Bible/Prayer Group (CR) 1:30 Jeopardy (CR) 2:30 October Birthday Celebration (MPR)	<b>16</b> 9:30 Balloon Badminton (CR) 10:30 Hymn Sing (MPR) 1:30 Dominoes (CR) 2:00 Choir Practice (FH) 2:30 Travelogue: Vancouver (CR)  <small>Sukkot Begins</small>	<b>17</b> 9:30 Lower Body Strength (CR) 10:30 Bingo (MPR) 1:15 Hot Wax Treatment (Gym)	<b>18</b> 9:30 Flexibility Fitness (CR) <b>11:00 Lunch at Anna Mae's *sign up required</b> 3:30 Piano Music with Angela (MPR)	<b>19</b> <b>2:30 Music with Jeff Poolton (FH)</b>
<b>20</b> 10:30 Sunday Service with Chaplain Lisa (FH)  2:00 Piano Drop in with Doug and Wilf	<b>21</b> 9:30 Upper Body Strength (CR) 10:30 Dominoes (MPR) 1:30 Bocce Ball (CR) 2:30 Spirit Circle with Ellen (CR)	<b>22</b> 9:30 Qi Gong (FH) 10:30 Bible/Prayer Group (CR) 1:30 Ring Toss (CR) 2:30 Halloween Craft (MPR) 5:00 Retirement Suites 6 <sup>th</sup> Floor Dinner (MPR)	<b>23</b> 9:30 Beach Ball Fun (CR) 10:30 Hymn Sing (MPR) 10:30 Catholic Mass (FH) 1:30 Tea & Reminisce (MPR) <b>2:30 Music with Manvir (FH)</b>	<b>24</b> 9:30 Upper Body Strength (CR) 10:30 Word Games (CR) 1:15 Hot Wax Treatment (Gym)  <small>Simchat Torah Begins</small>	<b>25</b> 9:30 Flexibility Fitness (CR) 10:30 Yahtzee (MPR) 1:30 Pumpkin Decorating Contest (CR) 2:30 Bingo (MPR)	<b>26</b> 10:00 Exercise Circle with Brandon (CR)
<b>27</b> 10:30 Sunday Service with Chaplain Lisa (FH)  <b>2:30 Music with Fiddle Friends (FH)</b>	<b>28</b> 9:30 Upper Body Strength (CR) 10:30 Autumn Acrylic Painting (MPR) 1:30 Dominoes (MPR) 2:30 Spirit Circle with Ellen (CR)	<b>29</b> 9:30 Balloon Badminton (CR) <b>10:30 Strategic Planning Brainstorming Session with Elaine Shantz (FH)</b> 1:30 Bagging Halloween Candy (CR) 2:30 Bean Bag Toss (CR)	<b>30</b> <b>10:00 Music with Kevin Coates (FH)</b> <b>1:15 Outing: Freshco Plaza Shopping *sign up required</b> 2:00 Choir Practice (FH) 3:00 Ladder Ball Toss (CR)	<b>31</b> 9:30 Upper Body Strength (CR) 10:30 Family Feud (CR) 1:15 Hot Wax Treatment (Gym) 2:30 Halloween Social (MPR)  <small>Halloween</small>	<b>LEGEND:</b> <b>CR – Craft Room</b> <b>MPR – Multipurpose Room</b> <b>EDR – Education Room</b> <b>L – Lobby</b> <b>FH – Fellowship Hall</b> <b>FP – Front Patio</b> 	

Contact Recreation: (519) 885-0090 Ext. 275 or [recreation@parkwoodmh.com](mailto:recreation@parkwoodmh.com) or Lindsay Hicks Ext. 339 or [lhicks@parkwoodmh.com](mailto:lhicks@parkwoodmh.com)

# ACTIVITY CALENDAR

## OCTOBER 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>October 2024</b> Pool Calendar						
	6 2:30 Aquafit 3:00 Open Swim	7 4:00 Aquafit 6:30 Open Swim	1 4:00 Aquafit 6:30 Open Swim	2 2:30 Aquafit 3:00 Open Swim	3 2:30 Aquafit 3:30 Open Swim	4 2:30 Aquafit 3:00 Open Swim
	13 2:30 Aquafit 3:00 Open Swim	14 4:00 Aquafit 6:30 Open Swim	8 2:30 Aquafit 3:00 Open Swim	9 2:30 Aquafit 3:00 Open Swim	10 2:30 Aquafit 3:00 Open Swim	11 2:30 Aquafit 3:00 Open Swim
	20 2:30 Aquafit 3:00 Open Swim	21 3:00 Aquafit	15 2:30 Aquafit 3:00 Open Swim	16 2:30 Aquafit 3:00 Open Swim	17 3:00 Aquafit	18 3:00 Aquafit
	27 2:30 Aquafit 3:00 Open Swim	28	22 2:30 Aquafit 3:00 Open Swim	23 2:30 Aquafit 3:00 Open Swim	24 2:30 Aquafit 3:00 Open Swim	25 2:30 Aquafit 3:00 Open Swim
		29	30	31		19 26

Pool programs are will be 30 minutes each