

| Sunday                                                                                                 | Monday                                                                                                                                                                                                                                                                    | Tuesday                                                                                                                                                                                                                                                                                      | Wednesday                                                                                                                                                                                           | Thursday                                                                                                                                                | Friday                                                                                                                                                                                        | Saturday                                                                                                                                                                                                                                    |
|--------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                      |                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                              | <div>1</div> 9:30 Seated Dance with Lauren (FH)<br>10:30 Hymn Sing (MPR)<br><b>2:00 Music with the Weber's (FH)</b><br>2:30 New Fall Menu Feedback Session (CR)<br><small>Yom Kippur Begins</small> | <div>2</div> 9:30 Upper Body Strength (CR)<br>10:30 Bean Bag Toss (CR)<br>1:15 Hot Wax Treatment (Gym)<br><b>3:00 Shaw Festival Performance (FH)</b>    | <div>3</div> 10:30 UNO (MPR)<br>2:30 Dominoes (MPR)                                                                                                                                           | <div>4</div> 10:00 Exercise Circle with Brandon (CR)<br>10:00 Fitness Support with Caleb (Gym)<br>1:30 Word Games (CR)<br>2:00 Crochet Club (FH)<br>2:30 Outdoor Strolls with Matt<br>*Weather permitting (L)                               |
| <div>5</div> 10:30 Sunday Service with Chaplain Ellen (FH)                                             | <div>6</div> 9:30 Strength & Conditioning (CR)<br>10:30 Paint by Numbers (MPR)<br>1:30 Ladder Ball Toss (CR)<br><b>2:30 WPL Tech Support</b><br><b>*Sign-up required</b><br>2:30 Spirit Circle with Chaplain Ellen (CR)<br><small>Sukkot Begins</small>                   | <div>7</div> 9:30 Qi Gong (FH)<br>1:30 Bocce Ball (CR Hallway)<br>2:30 Discussion Game: Would You Rather? (CR)<br>3:30 UNO (MPR)                                                                                                                                                             | <div>8</div> 9:30 Balloon Badminton (CR)<br>10:20 RC Communion Visits<br>10:30 Hymn Sing (MPR)<br>2:00 BINGO (MPR)                                                                                  | <div>9</div> 9:30 Strength & Conditioning (CR)<br>10:30 Relax & Colour (MPR)<br>1:15 Hot Wax Treatment (Gym)<br><b>2:00 Music with Conn Smythe (FH)</b> | <div>10</div> 10:00 Baking: Thanksgiving Pumpkin Pies (FH)<br>1:30 Thanksgiving Flower Arranging (MPR)                                                                                        | <div>11</div> 9:30 Exercise Circle with Matt (CR)<br>10:30 1:1 Fitness Support with Matt (Gym)<br>1:30 Bean Bag Toss (CR)                                                                                                                   |
| <b>Thanksgiving Sunday</b> <div>12</div><br>10:30 Sunday Service with Chaplain Lisa (FH)               | <b>Thanksgiving Day</b> <div>13</div><br>9:30 Strength & Conditioning (CR)<br>10:30 Creative Painting (MPR)<br><b>2:00 Thanksgiving Tea Social (FH) *Sign-up required</b><br><small>Thanksgiving Day (Canada)<br/>Indigenous Peoples' Day<br/>Columbus Day (U.S.)</small> | <small>Kindred Credit Union 10-11</small> <div>14</div><br><b>10:00 Music with Kevin Coates (FH)</b><br><b>10:00-2:00 In-House Hearing Clinic *Sign-up required</b><br>1:30 Ladder Ball Toss (CR)<br>2:30 Current Events (MPR)<br>3:30 Dominoes (MPR)<br><small>Simchat Torah Begins</small> | <div>15</div> 9:30 Seated Dance with Lauren (FH)<br>10:30 Hymn Sing (MPR)<br><b>10:30 Outing: Anna Mae's *Sign-up required</b>                                                                      | <div>16</div> 9:30 Strength & Conditioning (CR)<br>10:00 Worship with Janice (FH)<br>1:15 Hot Wax Treatment (Gym)                                       | <div>17</div> 9:30 Flexibility Fitness (CR)<br>10:30 Outdoor Strolls with Matt *Weather permitting (L)<br>1:30 Ring Toss (CR)<br><b>2:30 Suites BELL Info Session (MPR)</b>                   | <div>18</div> 9:30 Exercise Circle with Matt (CR)<br>10:30 1:1 Fitness Support with Matt (Gym)<br>1:30 Dominoes (MPR)                                                                                                                       |
| <div>19</div> 10:30 Sunday Service with Chaplain Lisa (FH)<br>2:00 Piano Drop-In with Doug & Wilf (FH) | <div>20</div> 9:30 Lower Body Strength (CR)<br>10:30 Craft: Suncatchers (MPR)<br><b>2:00 Diwali Celebration (FH)</b><br>2:30 Spirit Circle with Chaplain Ellen (CR)                                                                                                       | <div>21</div> 9:30 Qi Gong (FH)<br>10:30 Erb & Good Funeral Planning Presentation (MPR)<br><b>12:00 Lunch Club: Oktoberfest Lunch (FH) *sign up required</b><br><b>1:30 Outing: Walmart *Sign-up required</b>                                                                                | <div>22</div> 9:30 Balloon Badminton (CR)<br>10:30 Hymn Sing (MPR)<br><b>11:30 Outing: Anna Mae's *Sign-up required</b><br><b>2:00 Music with a Record Day Combo (FH)</b>                           | <div>23</div> 9:30 Lower Body Strength (CR)<br><b>10:30 October Birthday Celebration (MPR)</b><br>1:15 Hot Wax Treatment (Gym)<br>2:30 BINGO (MPR)      | <div>24</div> 9:30 Flexibility Fitness (CR)<br>10:30 Pumpkin Decorating (MPR)<br>1:30 Jeopardy (CR)<br>2:30 UNO (MPR)                                                                         | <div>25</div> 10:00 Exercise Circle with Brandon (CR)<br>10:00 Fitness Support with Caleb (Gym)<br>1:30 Ladder Ball Toss (CR)<br>2:30 Word Games (CR)                                                                                       |
| <div>26</div> 10:30 Sunday Service with Chaplain Lisa (FH)                                             | <div>27</div> 9:30 Lower Body Strength (CR)<br>10:30 Creative Painting (MPR)<br>1:30 Ring Toss (CR)<br>2:30 Spirit Circle with Chaplain Ellen (CR)                                                                                                                        | <small>Kindred Credit Union 10-11</small> <div>28</div><br><b>10:30 Memorial Service (FH)</b><br>1:30 Ladder Ball Toss (CR)<br>2:30 Poetry Reading (MPR)<br>5:00 Suites 6 <sup>th</sup> Floor Dinner (MPR)                                                                                   | <div>29</div> 10:30 Catholic Mass (FH)<br><b>2:00 Music with One More Time (FH)</b>                                                                                                                 | <div>30</div> <b>10:00 Uptown Swing Band (FH)</b><br>1:15 Hot Wax Treatment (Gym)<br>2:30 Travelogue: Ireland (CR)                                      | <div>31</div> <b>Halloween</b><br>9:30 Flexibility Fitness (CR)<br><b>10:30 Halloween Social *Sign-up required</b><br>1:30 Word Games (CR)<br>2:30 Dominoes (MPR)<br><small>Halloween</small> | <b>LEGEND</b><br><b>CR</b> – Craft Room<br><b>MPR</b> – Multipurpose Room<br><b>EDR</b> - Education Room<br><b>FH</b> – Fellowship Hall<br><b>L</b> – Lobby<br><b>GR</b> – Games Room<br><b>DR</b> – Dining Room<br><b>FP</b> – Front Patio |

# ACTIVITY CALENDAR

## OCTOBER 2025



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

### October 2025

#### Pool Schedule

|                                |                                |    |                                |                                |                                                                                                              |                                  |
|--------------------------------|--------------------------------|----|--------------------------------|--------------------------------|--------------------------------------------------------------------------------------------------------------|----------------------------------|
|                                |                                |    |                                |                                |                                                                                                              |                                  |
| 5                              | 6                              | 7  | 8                              | 9                              | 10                                                                                                           | 11                               |
| 2:30 Aquafit<br>3:00 Open Swim | 4:00 Aquafit<br>6:30 Open Swim |    | 2:30 Aquafit<br>3:00 Open Swim | 2:30 Aquafit<br>3:00 Open Swim | 2:30 Aquafit<br>3:00 Open Swim                                                                               | 2:30 Aquafit<br>3:00 Open Swim   |
|                                |                                |    |                                |                                |                                                                                                              |                                  |
| 12                             | 13                             | 14 | 15                             | 16                             | 17                                                                                                           | 18                               |
|                                | 4:00 Aquafit<br>6:30 Open Swim |    | 2:30 Aquafit<br>3:00 Open Swim | 2:30 Aquafit<br>3:00 Open Swim | 2:30 Aquafit<br>3:00 Open Swim                                                                               | 2:30 Aquafit<br>3:00 Open Swim   |
|                                |                                |    |                                |                                |                                                                                                              |                                  |
| 19                             | 20                             | 21 | 22                             | 23                             | 24                                                                                                           | 25                               |
| 2:30 Aquafit<br>3:00 Open Swim |                                |    | 2:30 Aquafit<br>3:00 Open Swim | 2:30 Aquafit<br>3:00 Open Swim | 2:30 Aquafit<br>3:00 Open Swim                                                                               | 10:00 Aquafit<br>10:30 Open Swim |
|                                |                                |    |                                |                                |                                                                                                              |                                  |
| 26                             | 27                             | 28 | 29                             | 30                             | 31                                                                                                           |                                  |
| 2:30 Aquafit<br>3:00 Open Swim | 3:30 Aquafit                   |    | 2:30 Aquafit<br>3:00 Open Swim | 2:30 Aquafit<br>3:00 Open Swim | *Pool programs<br>will be 30 minutes<br>each.<br>Highlight = Being<br>held at a different<br>time than usual |                                  |

If you have any questions regarding aquatic programs, please contact recreation (519) 885 – 0090 Ext. 275 or [recreation@parkwoodmh.com](mailto:recreation@parkwoodmh.com)