

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2026 Delphine and Lloyd Martin Apartments				9:30 Exercise Class (MR) 1 10:30 Word Games (CR) 1:15 Hot Wax Treatment (MPR) 2:00 Poetry Reading (DR) 2:30 Aquafit 3:00 Open Swim	10:00 Music with Henry Winter (FH) 2 10:30 Chair Exercise with Linda (DR) 7:00 Games Night (3rd floor Lounge)	10:00 Exercise Class (MPR) 3 10:00 One to One Fitness Support (gym) 10:30 Aquafit 11:00 Open Swim 1:30 Movie Matinee (CR) Simchat Torah Begins
10:30 Sunday Service with Lisa (FH) 4 2:00 UNO (MPR)	9:30 Exercise Class (MR) 5 10:30 Corn Hole (DR) 2:30 Heart of the Matter (CR) 2:30 Aquafit 3:00 Open Swim	Oktoberfest Day 6 9:15 Qi Gong (CR) 10:00 Accordion Music with Marko (FH) 10:30 Chair Exercise with Linda (DR) 1:30 Bingo (MPR)	9:30 Current Event (suites lobby) 7 10:30 Memorial Service (FH) 1:00 Euchre (3rd floor lounge) 1:30 Painting Rocks for the Walk the Kindness Way Trek (MPR)	9:30 Exercise Class (MR) 8 10:00 Men's Club (MPR) 10:30 Baking Pumpkin Pies for Thanksgiving (ER) 1:15 Hot Wax Treatment (MPR) 2:30 Aquafit 3:00 Open Swim	10:00 Music with Alex Friesen (FH) 9 10:30 Chair Exercise with Linda (DR) 1:30 Beauty Shop (MPR) 3:45 Piano Music with Angela (FH) 7:00 Games Night (3rd floor Lounge)	10:00 Exercise Class (MPR) 10 10:00 One to One Fitness Support (gym) 10:30 Aquafit 11:00 Open Swim 1:30 Ring Toss (MPR) 2:30 Crokinole (games room)
10:30 Sunday Service with Charleen (FH) 11 2:00 Dominos (MPR)	Thanksgiving Day 12 12:00 Social Club Potluck (DR) Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	9:30 Social Art (MPR) 13 10:00 Kindred Banking (Suites Sunroom) 10:30 Chair Exercise with Linda (DR) 12:00 Bring your own Lunch (3rd floor lounge) 2:00 Rook Card Games (3rd floor lounge)	9:30 Seated Dance with Lauren (FH) 14 10:20 RC Communion Visits 10:30 Hymn Sing (FH) 11:30 Outing to Jack's Restaurant Sign up required* 1:00 Euchre (3rd floor lounge) 2:00 Kindness Walk Kickoff (Suites Lobby)	9:30 Exercise Class (MR) 15 10:30 Worship with Janice (FH) 1:15 Hot Wax Treatment (MPR) 2:30 Aquafit 3:00 Open Swim	10:30 Chair Exercise with Linda (DR) 16 2:00 Music with Jeff Poolton (FH) 3:00 Pie in the Face Fundraiser (FH) 7:00 Games Night (3rd floor Lounge)	10:00 Exercise Class (MPR) 17 10:00 One to One Fitness Support (gym) 10:30 Aquafit 11:00 Open Swim 1:30 Armchair Travel (CR)
10:30 Sunday Service with Lisa (FH) 18 2:00 UNO (MPR)	9:30 Exercise Class (MR) 19 10:30 Corn Hole (DR) 2:30 Heart of the Matter (CR) 2:30 Aquafit 3:00 Open Swim	9:30 Qi Gong (FH) 20 10:30 Chair Exercise with Linda (DR) 1:30 Bingo (MPR)	9:30 Current Event (suites lobby) 21 10:30 Hymn Sing (FH) 1:00 Euchre (3rd floor lounge) 1:00 Outing to Hamilton Theatre Sign Up Required* 1:00 Falls Prevention Presentation (ER)	9:30 Exercise Class (MR) 22 11:00 Guest Speaker Author Kristen L Klassen (DR) 1:15 Hot Wax Treatment (MPR) 2:30 Aquafit 3:00 Open Swim	10:30 Chair Exercise with Linda (DR) 23 2:30 Music with Traci Kennedy (FH) 7:00 Games Night (3rd floor Lounge)	10:00 Exercise Class (MPR) 24 10:00 One to One Fitness Support (gym) 10:30 Aquafit 11:00 Open Swim 1:00 Kindness Walk Homecoming Welcome (FP) 2:30 Pool (games room)
10:30 Sunday Service with Laura Carr-Pries (FH) 25 2:00 Dominos (MPR)	Municipal Election 9am-11am (FH) 26 2:30 Heart of the Matter (CR) 2:30 Aquafit 3:00 Open Swim	10:00 Kindred Banking (Suites Sunroom) 27 10:00 Music with Kevin Coates (FH) 10:30 Chair Exercise with Linda (DR) 2:00 Rook Card Games (3rd floor lounge)	9:30 Seated Dance with Lauren (FH) 28 10:30 Catholic Mass (FH) 10:30 Hymn Sing (MPR) 1:00 Euchre (3rd floor lounge) 2:00 Town Hall Meeting (DR)	9:30 Exercise Class (MR) 29 10:30 Pumpkin Painting (MPR) 1:15 Hot Wax Treatment (MPR) 2:30 Aquafit 3:00 Open Swim	10:30 Chair Exercise with Linda (DR) 30 2:00 Halloween Social (MPR) 7:00 Games Night (3rd floor Lounge)	10:00 Exercise Class (MPR) 31 10:00 One to One Fitness Support (gym) 10:30 Aquafit 11:00 Open Swim 1:30 October Birthday Party (MPR) Halloween

FH=Fellowship Hall CR=Craft Room MPR=Multipurpose Room DR=Martin Apartments Dining Room ER=Education Room **Pool Classes are in Blue**