

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2026 Suites and Garden Homes				1 9:30 Exercise Class (MR) 10:30 Word Games (CR) 1:15 Hot Wax Treatment (MPR) 2:30 Aquafit 3:00 Open Swim	2 10:00 Music with Henry Winter (FH) 2:00 Dominos (MPR)	3 9:30 Friendly Visits 10:00 Exercise Class (MPR) 10:00 One to One Fitness Support (gym) 10:30 Aquafit 11:00 Open Swim 1:30 Movie Matinee (CR) Simchat Torah Begins
4 10:30 Sunday Service with Lisa (FH) 2:00 UNO (MPR)	5 9:30 Exercise Class (MR) 2:30 Heart of the Matter (CR) 2:30 Aquafit 3:00 Open Swim	6 Oktoberfest Day 9:15 Qi Gong (CR) 10:00 Accordion Music with Marko (FH) 1:30 Bingo (MPR) 3:00 Friendly Visits	7 9:30 Current Event (suites lobby) 10:30 Memorial Service (FH) 1:30 Painting Rocks for the Walk the Kindness Way Trek (MPR)	8 9:30 Exercise Class (MR) 10:00 Men's Club (MPR) 10:30 Baking Pies for Thanksgiving Dinner (ER) 1:15 Hot Wax Treatment (MPR) 2:30 Aquafit 3:00 Open Swim	9 10:00 Music with Alex Friesen (FH) 1:30 Beauty Shop (MPR) 3:45 Piano Music with Angela (FH)	10 9:30 Friendly Visits 10:00 Exercise Class (MPR) 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)
11 10:30 Sunday Service with Charleen (FH) 2:00 Dominos (MPR)	12 Thanksgiving Day Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	13 9:30 Social Art (MPR) 10:00 Kindred Banking (Suites Sunroom) 1:30 Word Games (CR) 2:30 Curling (CR hallway)	14 9:30 Seated Dance with Lauren (FH) 10:20 RC Communion Visits 10:30 Hymn Sing (FH) 11:30 Outing to Jack's Restaurant Sign up required* 2:00 Kindness Walk Kickoff (Suites Lobby)	15 9:30 Exercise Class (MR) 10:30 Worship with Janice (FH) 1:15 Hot Wax Treatment (MPR) 2:30 Aquafit 3:00 Open Swim	16 9:30 Ladder Ball (CR) 2:00 Music with Jeff Poolton (FH) 3:00 Pie-in-the-Face Kindness Walk Fundraiser (FH)	17 9:30 Friendly Visits 10:00 Exercise Class (MPR) 10:00 One to One Fitness Support (gym) 10:30 Aquafit 11:00 Open Swim 1:30 Armchair Travel (CR) 2:00 Crochet Club (FH)
18 10:30 Sunday Service with Lisa (FH) 2:00 UNO (MPR)	19 9:30 Exercise Class (MR) 2:30 Heart of the Matter (CR) 2:30 Aquafit 3:00 Open Swim	20 9:30 Qi Gong (FH) 1:30 Bingo (MPR) 3:00 Friendly Visits	21 9:30 Current Event (suites lobby) 10:30 Hymn Sing (MPR) 1:00 Outing to Hamilton Theatre Sign Up Required* 1:00 Falls Prevention Presentation (ER)	22 9:30 Exercise Class (MR) 1:15 Hot Wax Treatment (MPR) 2:30 Aquafit 3:00 Open Swim	23 9:30 Balloon Volleyball (CR) 2:30 Music with Traci Kennedy (FH)	24 9:30 Friendly Visits 10:00 Exercise Class (MPR) 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)
25 10:30 Sunday Service with Laura Carr-Pries (FH) 2:00 Dominos (MPR)	26 Municipal Election 9am-11am (FH) 2:30 Heart of the Matter (CR) 2:30 Aquafit 3:00 Open Swim	27 10:00 Kindred Banking (Suites Sunroom) 10:00 Music with Kevin Coates (FH) 1:30 Bocce Ball (CR hallway) 2:30 Poetry and Story Sharing (suites lobby) 5:00 6 th Floor Dinner (MPR)	28 9:15 Seated Dance with Lauren (FH) 10:30 Catholic Mass (FH) 10:30 Hymn Sing (MPR) 1:30 Fall Baking (ER)	29 9:30 Exercise Class (MR) 10:30 Pumpkin Painting (MPR) 1:15 Hot Wax Treatment (MPR) 2:30 Aquafit 3:00 Open Swim	30 Fried Egg Friday 9:30 Bean Bag Toss (CR) 2:00 Halloween Social (MPR)	31 9:30 Friendly Visits 10:00 Exercise Class (MPR) 10:00 One to One Fitness Support (gym) 10:30 Aquafit 11:00 Open Swim 1:30 October Birthday Party (MPR) 2:30 Making Halloween Treat Bags (MPR) Halloween

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