



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Pink - Exercise Room (ER) Green - Main Lounge (ML) Purple - Meeting Room (MR) Brown - Chapel (C) Orange - Activity Room (AR) Blue - Entertainment Red - Outings (sign-up required) Light Blue - Patio (P)			10:00 Outing: University Plaza/Shoppers Drug Mart (Sign-up required)¹ 10:30 Zumba with Linn (ER) 12:30 Rhyme Time (ML) 2:30 Music Bingo (AR) 3:30 Perspectives with Shem Wilson the Poet (MR) 7:15 Euchre Club (ML)	10:00 Outing: Bank Trip (Sign-up required)² 10:30 Bible Study (MR) 10:30 Theraband Exercise with Shane (ER) 12:30 Category Grid (ML) 2:30 Loonie Bingo (AR)	9:00 Cranium Crunches (see front desk)³ 2:00 Krishanthi on Piano (ML)
11:00 Sunday Rosary (3rd floor lounge)⁴ 2:30 Sunday Social (ML) Meeting Room Booked 2-4pm	World Teacher's Day!⁵ 10:15 Pretty Polish (sign-up required) (AR) 10:45 Morning Exercise with Sarah (ER) 12:30 Bocce Ball (ML) 2:30 Chocolate Bar Bingo (AR)	10:00 Outing: Carluke Orchards (Sign-up required)⁶ 10:30 Tai Chi (ER) 10:45 Friendly Visits (ML) 12:30 Racquet Balloon (ML) 2:30 Happy Hour & Music with Escapade (ML)	10:15 Stretch & Strengthen with Sarah (ER)⁷ 10:45 Reading Buddies (ML) 12:30 Hangman (ML) 2:30 Kerplunk (AR) 3:30 Senior Scholars Health Series (AR)	10:00 Outing: Scenic Drive (Sign-up required)⁸ 10:30 Zumba with Linn (ER) 12:30 Australian Word Games (ML) 2:30 Passport Day - Australia (AR) 7:00 Mayor Debate - Cable 14 7:15 Euchre Club (ML)	10:15 Xbox Bowling (AR)⁹ 10:30 Bible Study (AR) 12:30 Category Grid (ML) 2:30 Loonie Bingo (AR)	9:00 Cranium Crunches (see front desk)¹⁰ 2:30 Concierge's Choice (ML) Meeting Room Booked 4-8pm

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Grandparents Day ¹¹ 11:00 Sunday Rosary (3rd floor lounge) 2:30 Sunday Social (ML)	Thanksgiving ¹² 10:15 Pretty Polish (sign-up required)(AR) 12:30 Horse Races (ML) 2:30 Chocolate Bar Bingo (AR)	10:00 Outing: Westcliff ¹³ Mall (Sign-up required) 10:30 Tai Chi (ER) 10:45 Friendly Visits (ML) 12:30 Racquet Balloon (ML) 2:30 Happy Hour & Music with Tom Cowles (AR)	10:30 Stretch & Strengthen with Sarah (ER) 10:15 Xbox Bowling(AR) 12:30 Hangman (ML) 2:30 You Tube Trivia (AR) 3:30 Senior Scholars Health Series (AR) 7:15 Yathzee Club (ML)	10:00 Outing: ¹⁵ Peddicombe Farm (Sign- up required) 10:30 Zumba with Linn (ER) 12:30 Hangman (ML) 2:30 Tasters Choice - Potato Chips (AR) 7:15 Euchre Club (ML)	10:00 Outing: Walmart ¹⁶ (Sign-up required) 10:30 Bible Study (AR) 10:30 Theraband Exercise with Shane (ER) 12:30 Sing Along with Sarah (ML) 2:30 Loonie Bingo (AR)	Foot Care Clinic with Dr. Barbara (MR) (sign-up at front desk) 9:00 Cranium Crunches (see front desk) 2:30 Dave Thierry on Piano (ML)
11:00 Sunday Rosary ¹⁸ (3rd floor lounge) 2:30 Sunday Social (ML)	10:15 Pretty Polish ¹⁹ (sign-up required)(AR) 10:45 Morning Exercise with Sarah (ER) 12:30 Granny Pants (ML) 2:00 Town Hall Meeting (ER) 2:30 Chocolate Bar Bingo (AR)	10:00 Outing: Gage ²⁰ Park Mum Show (Sign-up required) 10:30 Tai Chi (ER) 10:45 Friendly Visits (ML) 12:30 Racquet Balloon (ML) 2:30 Happy Hour & Music with Kim Atkins(AR)	10:30 Stretch & Strengthen with Sarah ²¹ (ER) 10:30 RC Mass (MR) 12:30 Hangman (ML) 2:30 You Tube Sing Along (AR) 3:30 Senior Scholars Health Series (AR)	10:00 Outing: Fall ²² Scenic Tour (Sign-up required) 10:30 Zumba with Linn (ER) 2:30 Fall Pumpkin Craft (MR) 7:15 Euchre Club (ML)	10:15 Xbox Bowling(AR) ²³ 10:30 Bible Study (AR) 12:30 Category Grid (ML) 2:30 Loonie Bingo (AR) 7:15 Karaoke Pub Night (AR)	9:00 Cranium Crunches ²⁴ (see front desk) 2:30 Concierge's Choice (ML)
11:00 Sunday Rosary ²⁵ (3rd floor lounge) 2:30 Sunday Social (ML)	Brant Arts ²⁶ Walker Clinic (AR) (sign-up at front desk) 10-12 Municipal Elections (ML) 10:45 Morning Exercise with Sarah (ER) 12:30 Bean Bag Toss (ML) 2:30 Chocolate Bar Bingo (AR)	10:00 Outing: Tim ²⁷ Hortons (Sign-up required) 10:30 Tai Chi (ER) 10:45 Friendly Visits (ML) 12:30 Racquet Balloon (ML) 2:30 Birthday Party Happy Hour & Music with Paula French (AR)	Hearing Clinic (MR) ²⁸ (sign-up at front desk) 10:30 Stretch & Strengthen (ER) 10:15 Xbox Bowling(AR) 12:30 Hangman (ML) 2:30 Photo Hunt (AR) 3:30 Senior Scholars Health Series (AR)	10:00 Outing: Dyment's ²⁹ Farm & Market (Sign-up required) 10:30 Zumba (ER) 2:30 Cooking Class with Chef Leona in the Cafe 3:30 Perspectives with Shem Wilson the Poet (MR)	10:30 Bible Study (AR) ³⁰ 10:30 Theraband Exercise with Shane (ER) 12:30 Rhyme Time (ML) 2:30 Loonie Bingo (AR)	9:00 Cranium Crunches ³¹ (see front desk) 2:30 Halloween Social with Sarah (ML) 5:00 Trick or Treaters (P) (Hand out candy and enjoy the local children in costume)