

OCTOBER NEWS

ACTIVITY DEPARTMENT

Happy October!

Let's take a moment to celebrate everything we are thankful for!

What are you thankful for?

Stop by the Bar Lounge and write down something you're grateful for. We'll be creating a Wall of Gratitude.

Let's make October a month filled with gratitude, kindness, and giving back.

Happy Thanksgiving! 🍁

Warmly,

-Kaitlyn: Activity Director



ACTIVITY MEETING

Tuesday October 6th at 10:45am in the Bar Lounge.

Discuss upcoming events

New Programs

Make Suggestions



COMPUTER ASSISTANCE

If you are having trouble with your computer or technology, Bill is in the Library Mondays at 11am



GUEST SPEAKER SERIES

Wednesday October 7th at 2pm - Kris from the Alzheimer's Society will be here to give a presentation on Dementia Friendly Communities.

FARE SHARE FOOD BANK

Last Thanksgiving, local residents, businesses, and community organizations came together to help us collect approximately 2,000 lb of food and other household essentials for Northumberland Fare Share Food Banks. That's enough to make about 1,667 meals for hungry individuals and families. This year, we're thinking even bigger. We're aiming to double our impact and collect 4,000 lb of food and household essentials for people in need across our communities.

Donation box located in the Lobby





FIRE SAFETY TIP

Smoking is not permitted within 9 meters of any entrance to the building.

 Please ensure cigarettes are fully extinguished and disposed of properly in designated areas.

Never leave cigarette butts unattended, and please do not dispose of them in planters/gardens, garbage bins, or other combustible materials.

Thank you!

POP-UP SHOPS

This month we are excited to host
Jane's British Shop: Tuesday October 6th
from 2-4pm

Tocara Jewelry: Wednesday October 21st
from 12-2pm



Pop-up Shop's located in the Lobby

BUS OUTINGS

Roseneath Fair: October 3rd with a 10am departure.

Elmhirst Resort: October 16th with a 10:30am departure, enjoy a nice lunch with a view!

Chesler's Shoes: October 19th time TBD
Election Voting: A ride to the community center to vote in the Municipal election!

Select date and Time
Must sign up at front desk!

OCTOBER RIDDLE



I have a neck but no head,
two arms but no hands.
I can be worn, but I cannot
walk.

What am I?



ROOM BINGO

Room Bingo is back!

Starting Tuesday, October 13th, our volunteer Brylie will be visiting rooms every Tuesday to deliver your bingo numbers.

Would you like to participate? Sign up at the Front Desk or call the Activity Department to have bingo delivered right to your room!

How It Works:

- Activities will deliver a bingo playing card to your room.
- Every Tuesday, Brylie will come around and deliver the new bingo numbers for the week.
- Once you get a BINGO, call or let the Activity Department know.
- We will come to your room, verify your bingo, and then move on to the next bingo game!

Prizes:

Play for your choice of a raffle ticket or a free drink ticket!

Good luck and have fun! 

OCTOBER 2026

SUNDAY

MONDAY

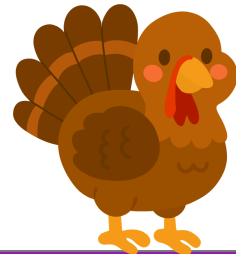
TUESDAY

WEDNESDAY

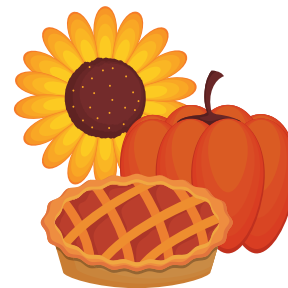
THURSDAY

FRIDAY

SATURDAY



happy
thanksgiving



10am Chair Yoga (AR)
10:45am Creative Writing (LIB)
2pm DrumFit (BL)
2pm Falls Prevention (AR)
3:30pm Happy Hour (BL)

1

10:35am Zumba! (BL)
1pm Euchre (AR)
2pm Everything Country (L)
3:30pm Happy Hour (BL)

2

10am Bus Outing:
Roseneath Fair
2pm Bingo (AR)
3:30pm BYOB Happy Hour (BL)

3

3:30pm BYOB Happy Hour (BL)

4

10am Fun & Fitness (AR)
10am Pet Therapy with Boomer
2pm Entertainment with Elvis & Marilyn (L)
3:30pm Happy Hour (BL)

5

10am Chair Yoga (AR)
10:45am Activity Meeting (BL)
1:45pm Beauty Hour (LIB)
2-4pm Vendor: Jane's British Shop (L)
2pm Falls Prevention (AR)
3:30pm Happy Hour (BL)

6

10am Fun & Fitness (AR)
10:30am Library Committee (LIB)
11am Book Club (LIB)
2pm Guest Speaker: Alzheimer's Society (BL)
2pm Bingo
3pm Pet Therapy with Dixie (L)
3:30pm Happy Hour (BL)

7

10am Chair Yoga (AR)
10-3pm Hearing Clinic (LIB)
10:30am Anglican Church (4th Floor)
2pm Jeopardy (L)
2pm Falls Prevention (AR)
3:30pm Happy Hour (BL)

8

10:35am Zumba! (BL)
1pm Euchre (AR)
2pm Entertainment with Eric L (L)
3:30pm Happy Hour (BL)

9

2pm Bingo (AR)
3:30pm BYOB Happy Hour (BL)

10

3:30pm BYOB Happy Hour (BL)

11

10am Pet Therapy with Boomer
2pm Entertainment with Darlene M (L)
3:30pm Happy Hour (BL)

12

Thanksgiving Stat

10am Chair Yoga (AR)
2pm Euchre (BL)
2pm Falls Prevention (AR)
3:30pm Happy Hour (BL)

13

10am Fun & Fitness (AR)
10:30am Library Committee (LIB)
2pm Bingo (AR)
2:15pm Tai Chi (BL)
3pm Pet Therapy with Dixie (L)
3:30pm Happy Hour (BL)

14

10am Chair Yoga (AR)
10:45am Creative Writing (LIB)
2pm DrumFit (BL)
2pm Falls Prevention (AR)
3:30pm Happy Hour (BL)

15

Bus Outing: Elmhirst Resort for lunch
10:35am Zumba! (BL)
1pm Euchre (AR)
2pm Entertainment with Don Owen (L)
3:30pm Happy Hour (BL)

16

2pm Bingo (AR)
3:30pm BYOB Happy Hour (BL)

17

3:30pm BYOB Happy Hour (BL)

18

Bus Outing: Cheslers Shoes
10am Pet Therapy with Boomer
10am Fun & Fitness (AR)
2pm Bingo (AR)
2pm Entertainment with Michael T (L)
3:30pm Happy Hour (BL)

19

10am Chair Yoga (AR)
2pm Trivia (L)
2pm Falls Prevention (AR)
3:30pm Happy Hour (BL)

20

10am Fun & Fitness (AR)
12-2pm Vendor: Tocara Jewelry (L)
2pm Prize Bingo (AR)
2:15pm Tai Chi (BL)
3pm Pet Therapy with Dixie (L)
3:30pm Happy Hour (BL)

21

10am Chair Yoga (AR)
2pm Pumpkin Carving (BL)
2pm Falls Prevention (AR)
3:30pm Happy Hour (BL)

22

10am Catholic Mass (TR)
10:35am Zumba! (BL)
1pm Euchre (AR)
2pm Birthday Party with Ed Smith (L)
3:30pm Happy Hour (BL)

23

2pm Bingo (AR)
3:30pm BYOB Happy Hour (BL)

24

3:30pm BYOB Happy Hour (BL)

25

10am Pet Therapy with Boomer
10am Fun & Fitness (AR)
1pm Euchre (AR)
2pm Entertainment with Deidrey F(L)
3:30pm Happy Hour (BL)

26

10am Chair Yoga (AR)
10:30am Resident Council Meeting (BL)
2pm Bingo (AR)
3:30pm Happy Hour piano with Marianne Marusic (BL)

27

10am Fun & Fitness (AR)
10:30am Library Committee (LIB)
11am Book Club (LIB)
1pm Euchre (AR)
2pm Entertainment with Bob & Lee (L)
3pm Pet Therapy with Dixie (L)
3:30pm Happy Hour (BL)

28

10am Chair Yoga (AR)
2pm DrumFit (BL)
2pm Bingo (AR)
3:30pm Happy Hour (BL)

29

10:35am Zumba! (BL)
1pm Euchre (AR)
2pm Halloween Party
3:30pm Happy Hour (BL)

30

2pm Bingo (AR)
3:30pm BYOB Happy Hour (BL)

31

Happy Halloween!



ACTIVITY LOCATION LEGEND AR-ACTIVITY ROOM BL-BAR LOUNGE L-LOBBY TR-THEATRE ROOM LIB-LIBRARY

OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 10am Fun & Fitness 10:30am Word Webs 2pm Bean Bag Toss	2 10am Zumba! 10:30am What came first? 2pm Music Therapy	3 10am Bingo 2pm Independent Activities
4 10am Activity Booklets 2pm Entertainment with Don Owen	5 10am Boomer Visits 10:30am Chair Yoga 2pm Beauty Hour	6 10am Fun & Fitness 10:30am Fall Word Webs 2pm Thanksgiving Bingo	7 10am Music & Movement 10:30am Guess the fall scent 2pm Entertainment with Ian B	8 10am Fun & Fitness 10:30am A Turkey Tale 2pm Price is Right Thanksgiving Edition	9 10am Zumba! 10:30am I'm Thankful for... 2pm Music Therapy	10 10am Bingo 2pm Independent Activities
11 10am Activity Booklets 2pm Entertainment with Don Owen	12 10am Boomer Visits 2pm Movie Afternoon Thanksgiving Stat	13 10am Fun & Fitness 10:30am Never Have I Ever 2pm Jeopardy	14 10am Music & Movement 10:30am Sing-along 2:30pm Noodle Balloon	15 10am Chair Yoga 10:30am Hand Massage 2pm Fall Walks & Apple Cider	16 10am Zumba! 10:30am 1:1 Visits 2pm Music Therapy	17 10am Bingo 2pm Independent Activities
18 10am Activity Booklets 2pm Entertainment with Don Owen	19 10am Boomer Visits 10:30am Chair Yoga 2pm Entertainment with Darlene B	20 10am Fun & Fitness 10:30am Hand Massages 2pm Apple Tasting	21 10am Music & Movement 10:30am Guess that Fall Sound 2pm Entertainment with Sean Roberts	22 10am Fun & Fitness 10:30am Hymn Sing 2pm Arm Chair Travel	23 10am Zumba! 10:30am Catholic Mass 2pm Halloween Craft	24 10am Bingo 2pm Independent Activities
25 10am Activity Booklets 2pm Entertainment with Don Owen	26 10am Boomer Visits 10:30am Chair Yoga 2pm Entertainment with Deidrey (Lobby)	27 10am Fun & Fitness 10:30am Harvest Reminiscing 2pm Entertainment with Kathy Wiles	28 10am Monster Mash Seated Dance 10:30am Finish the Phrase 2pm Entertainment with Darlene M	29 10am Fun & Fitness 10:30am Halloween Trivia 2pm Pumpkin Painting	30 10am Zumba! 10:30am Spooky Story 2pm Music Therapy	31 10am Bingo 2pm A Halloween Movie! Happy Halloween!