October 2026

DSL 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8:45 COFFEE & NEWS (3&4) 9:30 RESISTANCE BANDS (M) 10:30 BIBLE STUDY W PASTOR QUINN (ROTARY ROOM) 10:45 BOGGLE (M) 1:30 WALKING 3:00 BUCKET TOSS	**2** 8:45 COFFEE & MUSIC 9:30 STRETCH N TONE 10:00 RC COMMUNION (ROTARY ROOM) 2:00 MEMORIAL SERVICE	**3** 10:45 STRETCH N TONE (M) 3:00 COVER THE # (M) Simchat Torah Begins
4 7:00 DEWBERRY CHURCH (ROTARY ROOM)	**5** 8:45 COFFEE CHATS 9:30 STRETCH N TONE 10:45 RING TOSS (3&4) 1:30 REMEMBER WHEN (1&2) 3:00 CRIB	**6** 8:45 COFFEE & NEWS (2) 9:30 CHAIR YOGA (M) 10:00-3:00 FLU SHOTS	**7** 9:30 STRETCH N TONE (M) 3:00 RUMMIKUBE	**8** 8:45 COFFEE & NEWS (3&4) 9:30 RESISTANCE BANDS (M) 3:00 UNO (M) 6:00 BOGGLE	**9** 8:45 COFFEE & MUSIC 9:30 STRETCH N TONE 10:00 RC COMMUNION (ROTARY ROOM) 1:30 HAPPY HOUR & THANKSGIVING TRIVIA W GRD 6 3:00 PENNY GAME	**10** 10:45 STRETCH N TONE (M) 3:00 HANGMAN (M)
11 7:00 SHAREWORD GLOBAL (ROTARY ROOM)	**12** THANKSGIVING DAY NO RECREATION PROGRAMS Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	**13** 8:45 COFFEE & NEWS (2) 9:30 CHAIR YOGA (M) 10:45 JENGA 1:00-4:00 POLLING STATION FOR THE REFERNDUM (ROTARY ROOM) 3:00 BINGO 6:00 WACKY WORDIES	**14** 9:30 STRETCH N TONE (M) 10:00 EST STUDENTS LAKELAND COLLEGE 1:30 ADULT COLORING (M) 3:00 HORSERACES	**15** 8:45 COFFEE & NEWS (3&4) 9:30 RESISTANCE BANDS (M) 10:30 BIBLE STUDY W PASTOR QUINN (ROTARY ROOM) 10:45 YAHYZEE (M) 1:00 OUTING TO DOLLARAMA 3:00 (M) 1-1 VISITS	**16** 8:45 COFFEE & MUSIC 9:30 STRETCH N TONE 10:00 RC COMMUNION (ROTARY ROOM) 1:30 LAUGHTER THERAPY 3:00 BIRTHDAY PARTY	**17** 10:45 STRETCH N TONE (M) 3:00 CHINESE CHECKERS (M)
18 7:00 ANGLICAN CHURCH (ROTARY ROOM)	**19** 8:45 COFFEE CHATS 9:30 STRETCH N TONE 10:45 CRAFT- POPPY WREATHS (3&4) 1:30 RING TOSS (1&2) 3:00 CRIB 7:00 MENNONITE SINGERS	**20** 8:45 COFFEE & NEWS (2) 9:30 CHAIR YOGA (M) 11:00 OUTING TO DELICIOUS BITES 1:30 BAKING PUMPKIN LOAF (M) 3:00 BINGO	**21** 9:30 STRETCH N TONE (M) 10:45 LINE DANCING W DONNA (REC ROOM) 1:30 FINGERNAIL PAINTING 3:00 SCRABBLE 6:00 SKIP BO	**22** 8:45 COFFEE & NEWS (3&4) 9:30 RESISTANCE BANDS (M) 10:45 CROKINOLE (M) 1:30 1-1 VISITS 3:00 WALKING (M)	**23** 8:45 COFFEE & MUSIC 9:30 STRETCH N TONE 10:00 RC COMMUNION (ROTARY ROOM) 1:30 PUMPKIN CARVING & HAPPY HOUR 3:00 NAME THAT TUNE	**24** 10:45 STRETCH N TONE (M) 3:00 TRIVIA (M)
25 7:00 ALLIANCE CHURCH (ROTARY ROOM) HAPPY BIRTHDAY OLGA Z!	**26** 8:45 COFFEE CHATS 9:30 STRETCH N TONE 10:45 REMEMBER WHEN (3&4) 1:30 CRAFT- POPPY WREATHS (1&2) 3:00 CRIB	**27** 8:45 COFFEE & NEWS (2) 9:30 CHAIR YOGA (M) 10:45 HEADBANDZ 1:30 BINGO HAUNTED HOUSE PREP	**28** 9:30 STRETCH N TONE (M) 10:00 RC MASS (2ND FLOOR LIVINGROOM) 10:45 LADDER GOLF 1:30 PAINT BY NUMBERS (M) HAUNTED HOUSE PREP	**29** 8:45 COFFEE & NEWS (3&4) 9:30 RESISTANCE BANDS (M) 10:30 BIBLE STUDY W PASTOR QUINN (ROTARY ROOM) 10:45 PENNY GAME (M) 1:30 WACKY WORDIES 3:00 1-1 VISITS 6:00 HANGMAN	**30** 8:45 COFFEE & MUSIC 9:30 STRETCH N TONE 1:30 HAUNTED HOUSE (ROTARY ROOM)	**31** 10:45 STRETCH N TONE (M) 3:00 REMINISCING (M) Halloween

Recreation Domains: SOCIAL PHYSICAL COGNITIVE EMOTIONAL SPIRITUAL PURPOSEFUL

* Calendars are subject to change