

Hearing & Balance Clinic

Coming to Adelaide Place!
Next Clinic Tuesday Oct. 13, 2026

AVAILABLE SERVICES:



Brent Robinson
Registered Audiologist

- COMPLIMENTARY HEARING TESTS
- COMPLIMENTARY CLEAN & CHECK HEARING AIDS
- COMPLIMENTARY HEARING AID DISCUSSION
- HEARING AID & BATTERY SALES
- WAX REMOVAL
- VERTIGO / DIZZINESS ASSESSMENT



Anne Marie Sinasac-Roy
Doctor of Audiology

Fees apply to some services: DVA, WSIB, ADP - Ontario

Call 705-340-5050 to book your appointment



If you require care prior to our next clinic please contact
our office at 705-340-5050

www.LindsayEarClinic.com



Upcoming

Thanksgiving
October 12

Halloween
October 31

Oktoberfest
Celebration
October 1st

Evacuation Drill
October 14th

Bank Trips
Oct. 1, 14 & 28th

Lucy Gray Alterations

October 5th

Walker Bags
by Fiona

October 19th

Primrose Ln

October 21st

Alestea Fashion

October 24th

Mobile Senior Shop

October 26th

Lindsay Ear Clinic

October 13th

Smiles to You Dental

Clinic

October 22nd



On Thursday, October 14th we are going to have a Mock Evacuation fire drill at 10:30a.m. We ask that all residents participate in this drill. This is specifically for residents and the team to have this very important practice in the event of an emergency evacuation (such as a fire or flood) so we all KNOW WHAT TO DO if it happens for real!

What to expect:

- ★ Please do not start to evacuate until you hear the announcement over the loudspeaker: "Code Green Evacuation" which will be repeated 3 times.
- ★ When it is announced, please proceed to evacuate, and exit the building. As this drill is based on a mock "community disaster" and not a fire, both elevators and stairwells can be used to evacuate.
- ★ The meeting place is outside in the front parking lot, by the flagpole. Once you are outside, do not return to the building until you are told it is safe to do so by the Adelaide team or fire department.

We realize that this is not the most fun thing to do on a Thursday afternoon! We really appreciate your participation in this, as it is great practice for you, and for the team. You may choose to remain in your suite. Please note that a team member will need to come in to check the rooms and ensure it is "empty". This won't take long and is an important part of the evacuation process.

After the evacuation, we will be celebrating with an Oktoberfest party in the lounge. Be sure to come by for refreshments and live music by Jeanette Desousa. We hope to see you there!

What's Inside...

Upcoming Municipal Election	Page 2
October Birthdays	Page 3
October Quiz.....	Page 4
Halloween Information, Video Games with Ricky.....	Page 5
Pie Auction, Food Drive, Good Samaritan Shoe Boxes	Page 6
Flu Clinic date and Note from Director of Care	Page 7
Fall/Winter Menu Tasting, Chef Demo, Battery Collection.....	Page 8
Autumn Scenic Drive, Upcoming at the Academy Theatre.....	Page 9
Homestead Oxygen 10% OFF coupon	Page 8
Smiles to You	Page 10
Lindsay Ear Clinic	Page 11

Call 8155 to hear the daily program schedule, including changes to program timing or locations. Leave a message to sign up for programs and outings, ask questions, or anytime you need to speak to someone in the Recreation Department!

You Don't Want to Miss

Youth Unlimited – This coming Tuesday Oct. 6th at 3pm in the Activity Room
Join the students from LCVI for a social afternoon with refreshments and lively discussion! These students are coming to Adelaide Place to gain meaningful experience and complete their volunteer hours for school. They plan to return for more group and one on one interactions with residents, but first, let's get to know them a little!

Who do I call if I need help with...

- Medical Inquiries: ext. 8158
- Activity daily schedule and movie: 8155
- Activity Sign up: 8155
- Housekeeping: 0
- Maintenance: 0
- Book meal/table/private dining: 8177
- Book Party Room: 8155
- TV/phone/internet issues: 0

Meet your Election Candidates

Mayoral Candidates:

Sat. Oct. 3: Doug Ford

Wed. Oct. 7: Charlie MacDonald

Councillor Candidate:

Mon. Oct. 5: Eric Smeaton

See calendar for times/locations



Primrose Lane
ONLINE GIFT SHOP

What started as a picturesque Tea Room and Gift Shop in a Century Home in the north part of Peterborough has evolved into a Online Gift Shop, and is coming to Adelaide Place on Wed. Oct. 21st from 10-2pm.

SHOP FOR YOURSELF, OR A GREAT GIFT

- Soaps
- Lotions
- Bath Products
- Floral Arrangements
- Giftware
- Home Decor



CONTACT MARIE
Email: primroselaneptbo@gmail.com
Phone: +1 (705) 799-2043

smiles to you

Meet our team



Trudi Martin-Tate, RDH
Registered
Dental Hygienist

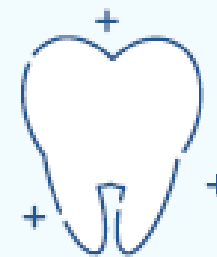


Russell Tate, DD
Denturist

Let us help you Love your Smile!

**Coming to Adelaide
on October 22nd
Call us to book your
appointment! 705 775-5575**

Dental Cleaning and Polishing



Trudi, our Dental Hygienist can assist you in:

Scaling and Polishing
Tooth Whitening
Tooth Desensitizing
Temporary Fillings

(705) 775-5575

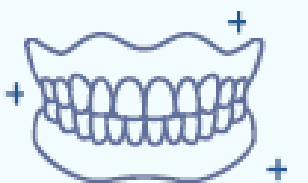


**No travel. No stress.
We come to you.**

**We accept insurance
and CDCP**

Wondering if dentures could be right for you?

Contact us today for a free consultation!



(705) 775-5575



www.smilestoyou.com

Autumn Leaves Scenic Drive

We are still planning to go on our Autumn Leaves tour. The colours are changing fast so if you want to experience these beautiful changing colours on a local drive (1-1.5 hours) on the Adelaide Place van through some of our neighbouring communities, be sure you have signed up!

Call 8155 and leave a message with your name and suite number and we'll call you when we have a few dates and times planned for the drive. The number of days/trips is determined by the number of residents who sign up. In order to give you the best viewing experience possible, we try to do our drives on clear, sunny days.

Upcoming at Academy Theatre! Call 8155 now to reserve your seat!

RELIVE THE MUSIC 50s, 60s & 70s SHOW on October 5th at 7:30p.m. It's like watching over two dozen Tribute Shows in one evening with songs by Bill Haley & His Comets, Paul Anka, Chordettes, Dean Martin, Doris Day, Elvis, Harry Belafonte, Patsy Cline, Frank Sinatra, The Platters, Connie Francis, The Ronettes, The Beatles, Jerry Lee Lewis, Danny & the Juniors, Little Richard, James Brown, Chuck Berry, Dion DiMucci, Sam Cooke, Chubby Checker, Beach Boys, Four Seasons, The Supremes, Aretha Franklin, Rolling Stones, Steppenwolf, Led Zeppelin, Nancy Sinatra, Sonny & Cher, Neil Diamond, Gloria Gaynor, Lipps Inc, Donna Summer, the Tramps, Eagles, Queen, Abba, Bee Gees, Tina Turner and more... Tickets are \$72.00

CLUE on Stage October 17th at 2:00p.m.- Six suspects. One mansion. Countless secrets.

Based on the iconic board game and inspired by the classic film, **CLUE** brings the beloved mystery to the stage in a hilarious and fast-paced whodunit with outrageous comedy, clever wordplay, and plenty of mystery. Colourful characters, unexpected twists, and a murder that needs solving, everyone is a suspect. Was it Miss Scarlet in the lounge? Professor Plum in the library? Or someone else entirely? Matinee show starts at 2:00p.m. (if this interferes with your lunch, we can arrange for you to eat early so you don't miss out!) Tickets are \$43.00 each.

ABBA REVISITED on October 24th at 7:30p.m. Recreating the magic of the iconic Swedish pop group with authentic costumes, spectacular harmonies, and note-perfect musicianship, taking their audiences on a musical journey back in time. Tickets are \$52.00 and selling out fast!

A SPECIAL GIFT FROM DAVID CHILTON to Lindsay and the Academy Theatre: October 26th at 7:30p.m. Before retiring from public speaking at the end of 2026, David Chilton is donating his time for a very special evening at the Academy Theatre, with 100% of the proceeds from the event supporting the theatre. Come see him before he retires completely! Every ticket (\$60.00 each) includes two complimentary books—The Wealthy Barber and The Wealthy Barber Returns—and VIP ticket holders (\$116) will enjoy an exclusive meet & greet and book signing.

David is a Canadian from Sarnia, bestselling author and former Dragons' Den Dragon. Hear a candid, funny, and insightful conversation about money, business, and life, delivered with the humour and down-to-earth advice. Join us for an inspiring night with one of Canada's most beloved financial storytellers—and help keep the curtain rising at the Academy Theatre.

Upcoming Municipal Election

Voters' List: Starting in the month of September, you can verify online if you are on the Voters' List by visiting www.kawarthalakes.ca/voterslist. Physical paper copies of the list are now available for viewing at City Hall, Municipal Service Centres and select Libraries.

Long-Term Care and Retirement Homes: Voting places (with reduced voting hours) will also be open at institutions or retirement homes pursuant to Section 45(7) of the Municipal Election Act, 1996, but only for residents of the institution or retirement home.

Voting at Adelaide Place: City staff will be present at Adelaide Place to enable residents to vote in the upcoming Municipal Election as follows:

- Tuesday, October 20 – 9:00am to 12:00pm at Adelaide Place Retirement Community
- Tuesday, October 20 - 1:00pm to 4:00pm at Adelaide Place Senior Living Community

Please note that staff will also stop into Adelaide Place briefly (15-20 minutes) on October 26, for the purpose of enabling any persons who missed voting during the time above to vote.

Keep the Voting PIN Letter in a safe place until the Voting Period begins: The Voting PIN Letter contains a Personal Identification Number (PIN), and instructions on how to vote. Electors are encouraged to vote from the comfort of their home during the Voting Period. There will be no paper ballots. **If you Don't Receive a Voting PIN Letter by October 12:** Starting October 12, 2026, if you have not received a Voting PIN Letter, you will be able to obtain one at City Hall or Municipal Service Centres during regular business hours. Libraries will not be able to reproduce Voting PIN Letters. Please bring permitted ID to identify who you are, and where you reside. Note: In the case where an elector receives more than one Voting PIN Letter, it is against the law to vote more than once for any elected office within the same municipality or school board jurisdiction.

Internet – Telephone Voting: You can vote in this election by internet connected devices, by telephone, or with assistance at select Municipal locations. You should receive a Voting PIN Letter in the mail before October 12 to enable you to cast your vote by internet, or by telephone in the 2026 City of Kawartha Lakes Municipal Election.

Voter Assistance: Limited voter assistance will be available during the voting period for electors that either do not have access to the internet, or a touch-tone phone. Touch-screen kiosks will be available during normal business/branch hours during the voting period at City Hall, and the Lindsay Public Library. **Voting proxies do not apply for this election.**

Extended Office Hours: City Hall will be open on Saturday, October 17 and Saturday, October 24 from 9am to 1pm. City Hall and all Municipal Service Centres will be open for voter assistance from 8:30am to 8pm on Election Day, Monday, October 26, 2026. Libraries will not have extended branch hours.

Cathie Ritchie, City Clerk and Returning Officer
City of Kawartha Lakes, Municipal Election Office
26 Francis Street Lindsay, ON K9V 5R8
705-324-9411 or 1-888-822-2225 extension 1888 or 1295
election@kawarthalakes.ca

Birthdays
OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Retirement Community Senior Living Community Team Member				1 Rose V Susan H Andrew B	2 Ann S Peter B	3 Kathy W
4 Wendy A Kat G	5 Joan H Isabelle J	6 .	7 .	8 Ruth K	9 . Russ S .	10 Gisela K Bert J
11 .	12 Gloria P	13 Phil A Norm R	14 Dave D	15 Nona E	16 .	17 Jane G
18	19	20 Ed B Jim B Bruce P Pat G	21 .	22	23 .	24 Grace I Lisa F
25 John T	26 Jack C	27	28 	29 Marie B	30 	31 

Chef Demonstration

Your Executive chef, Mark, and Jayce, one of our superb lead cooks, will be hosting a cooking demonstration on Monday, October 19th at 2:00p.m. in the Activity Room. Watch for the coming poster with more details. This is a great opportunity to see your cooks at work, learn tips and tricks for making your own at home, and you'll also get to TASTE the results! You don't want to miss this! No need to sign up in advance for this one. Simply come by the Activity Room and make sure you come a little hungry!

Have an idea for the next Chef demonstration? Mark will be happy to receive your suggestions!



Fall/Winter Menu Tasting

The following Monday, October 26th, also at 2:00p.m. in the Activity Room, Mark and Jess will be hosting another tasting of the new Fall/Winter menu! Like the tasting they did in the spring, residents can come taste some of the new dishes and also vote for their favourites to appear on the upcoming Autumn Menu!



HOMESTEAD

OXYGEN + MEDICAL EQUIPMENT

10 Moose Rd. (off McLaughlin Rd.) Lindsay

705.328.3015



- **Wheelchairs**
- **Walkers**
- **Mobility Scooters**
- **Home Oxygen + CPAP**
- **Bathroom Safety**
- **Hospital Beds**
- **Lift Chair Recliners**
- **Braces & Supports**
- **Compression Stockings**
- **Aids to Daily Living & More!**

**10% off* regular
priced item with
this ad**

***discount does not apply to third party funded items**

www.homesteadoxygen.ca



To Residents, Families and Friends of Adelaide Place,



Respiratory illnesses such as RSV, Influenza and Covid-19 are present worldwide and year-round. In Canada, the respiratory season is generally considered to be from October to May. Family members and visitors may bring a respiratory illness into the home without knowing.

Respiratory illnesses can make a person very ill and often causes pneumonia or other complications, especially in the elderly.

We are asking for your help to keep our home as healthy and “germ-free” as possible.

If you are feeling feverish or have any respiratory symptoms, please consider visiting your family member or friend on another day. If you are unable to reschedule your visit, please wear a mask.

Please remember the following key steps in assisting us in keeping our home as “germ-free” as possible.

- The single best way to prevent seasonal flu and or Covid-19 infections are to get vaccinated each year,
- Avoid close contact with people who are sick.
- When you are sick, keep your distance from others to protect them from getting sick too. Wear a mask if you are able.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Washing your hands often will help protect you and others from germs. If soap and water are not available, use an alcohol-based hand rub.



Thank you for assisting us in keeping our home “germ-free” this season!

Erica McWilliam,
DOC

Adelaide's Flu Clinic:

Get your flu shot on October 14th in the Fitness Centre

Fireside Chat with Erica at 10:30a.m. in the Retirement Lounge

Our monthly Blood Pressure Clinic is on October 22nd, 4th Th
Sign up through the Wellness Team at extension 8185

Foot Care clinic at Adelaide: Call 8185 for more info, the cost or to book an appointment with the Marie, visiting footcare nurse.

October Quiz

- When is Thanksgiving celebrated in Canada every year?
a. The First Monday in October
b. The Second Monday in October
c. The Second Sunday in October
d. The 4th Thursday in November
- Born October 5th, 1965, in Montreal. He played 17 NHL seasons with the Pittsburg Penguins. With a 0.754 career goals-per-game average, he ranks second in NHL history, behind only Mike Bossy and is considered one of the best players of all time. Who is he?
(HINT: His Initials are M.L.)
- October has two birthstones, what are they?
a. Opal
b. Diamond
c. Ruby
d. Tourmaline
- Before pumpkins, what did people originally use to carve Jack O lanterns?
a. Apples
b. Turnips
c. Pineapples
d. Melons
- Which is the official birth flower for October?
a. Marigold
b. Cosmos
c. Chrysanthemum
d. Sunflower
- What famous Canadian was born in October?
a. Pierre Trudeau
b. Ryan Reynolds
c. Jack Roy
d. Julie Payette
- Which song was NOT the #1 song in Canada in October of 1960?
a. "Let's Think About Living" by Bob Luman
b. "Save the Last Dance for Me" by The Drifters
c. "Sailor (Your Home is the Sea)" by Lolita
d. "Hey Jude" by The Beatles
- Born October 13th, 1906, in Winnipeg, Aloha Wanderwell was the 1st woman to travel the world in a Model T, from the age of 16-21, travelling across 80 countries! What was she best known for??
a. Aviation
b. Filmmaker
c. Exploration
d. Author
- What do tourists travel to Canada to see in October?
a. Autumn equinox
b. Polar Bear Migration
c. Snow Geese
d. Fall Foliage
- True or False: Halloween comes from a 2,000-year-old Celtic festival called Samhain. People lit bonfires and wore animal-skin masks so ghosts would not recognize them.



Answers: 1. a 2. Mario Lemieux 3. a & b 4. b 5. a & b
6. All of them! 7. d (was #1 in 1968) 8. b (though she did all of them) 9. b, c, d 10. True

Page 5 Introduction to Video Games with Ricky!

Ricky got the Wii working and is going to host an afternoon of some different video games to try out in the Retirement Lounge on Wednesday, October 21st at 3:00p.m! Even if you have never picked up a remote, and have zero experience with playing video games, we hope you'll come and give this a try! Ricky is going to teach everyone how to play, offer tips and techniques for playing and he'll also be joining in the fun.

Come out and try something new 😊 We are sure you're going to have fun!

HALLOWEEN FUN!

Halloween party with John Pebble! – Join us in the Retirement Community Lounge on Saturday, October 31st at 3pm. We encourage you to come dressed up in your costume, or wear black and/or Orange! Let John entertain you with some of your Halloween favourites!

Pumpkin contest – Calling all residents, family, friends and team members! Get into the Halloween spirit! Carve, paint or decorate a pumpkin and enter it into our contest. Pumpkins will be on display in the Retirement Lobby from October 28th until October 30th. Please submit your pumpkin on October 28th and 29th to a member of the recreation department or front desk team so we can record who you are, and which pumpkin is yours. Voting will be open on October 30th until the Halloween party starts at 3pm on the 31st. The winner will be announced at the end of the Halloween party.

Decorating – keep an eye out for Halloween decorations. This year each of our departments will be decorating a different common area. We would like you to vote for your favourite decorations! Cast your ballot at the front desk starting on October 27th. The winning department will be announced at our Halloween Party.

Costume parade – TWO CHANCES to dress up! We invite all residents and team members to wear a costume, Halloween themed gear, or Halloween colours on BOTH Friday, Oct. 30th and Saturday Oct. 31st. PLEASE stop by Recreation and let us take your photo!



Handing out Candy on Halloween!



Every Year, many children in our neighbourhood come trick or treating at Adelaide Place! If you would like to hand out candy this year and see all their wonderful costumes, be sure to come by the lobby, or outside the front entrance if weather permits, on Saturday, October 31st anytime between 5:00 - 7:00 pm! Many families start coming early.

If you would like to help supply the treats, please leave your candy donations in the Recreation office, or keep it in your suite and bring it with you if you plan to hand out the candy yourself. Just PLEASE let the Recreation dept. know if you are contributing candy for Halloween trick or treaters so we don't buy too much!

Please make sure all treats are individually wrapped. Many parents do not allow their children to eat fruit, unwrapped or homemade treats for safety reasons. Call Recreation 8155 if you have any questions, or are contributing treats for Halloween!



12th Annual Charity Pie Auction! Page 6



Please join us in the Retirement Community Lounge on Thursday, October 8th at 2:00pm.

Your management team has been baking Thanksgiving pies to auction off for charity since 2014! We will be auctioning off large pies, perfect to take to a Thanksgiving dinner, and mini pies, just right for two servings. Pies will be displayed before the auction begins.

Residents' are welcome to invite their friends and family to attend and bid in the auction depending on our outbreak status. Payments must be made in cash. The proceeds of the Pie Auction will be split and donated to the Kawartha Lakes Food Source, Elder Abuse Prevention Network and the Humane Society of Kawartha Lakes.

Kawartha Lakes Food Source Food Drive

We will be collecting the following items for donation until October 8th:

- Cans of soup and other **non-perishable food items** in the KLFS collection bins in both lobbies. PLEASE do not donate expired food. They cannot give it away, and must instead throw it in the garbage, at their own expense!
- **Monetary donations** for the food bank. Cash or cheques made out to the 'Kawartha Lakes Food Source' can be brought to the donation box at the front desk. The Food Source uses this money to purchase perishable food items like meat, produce and dairy to help provide more healthy and balanced diets



Good Samaritan Boxes

Christmas in October? Yes! Our Good Samaritan shoe boxes have arrived! We are going to fill our shoe boxes together, in the Retirement Lounge on Tuesday, October 27th at 3:00p.m. Here's how you can get involved:

- **Purchase items** for the shoe boxes. You can purchase items to fill a whole box yourself or purchase a few items and we will combine them with other donations to fill the boxes. You can donate items without coming on the 27th to help fill the boxes.
- **Make a Monetary Donation** They've asked for a \$10 donation with each box to help with the shipping costs. Please bring your donations directly to the Rec. Department.

Recommended items: school supplies, toys, clothing, and hygiene items (no liquids; toothpaste, shampoo etc.).

Do not include food, candy, playing cards, breakables, items that could leak, melt, or freeze, war related items, used or dirty items.

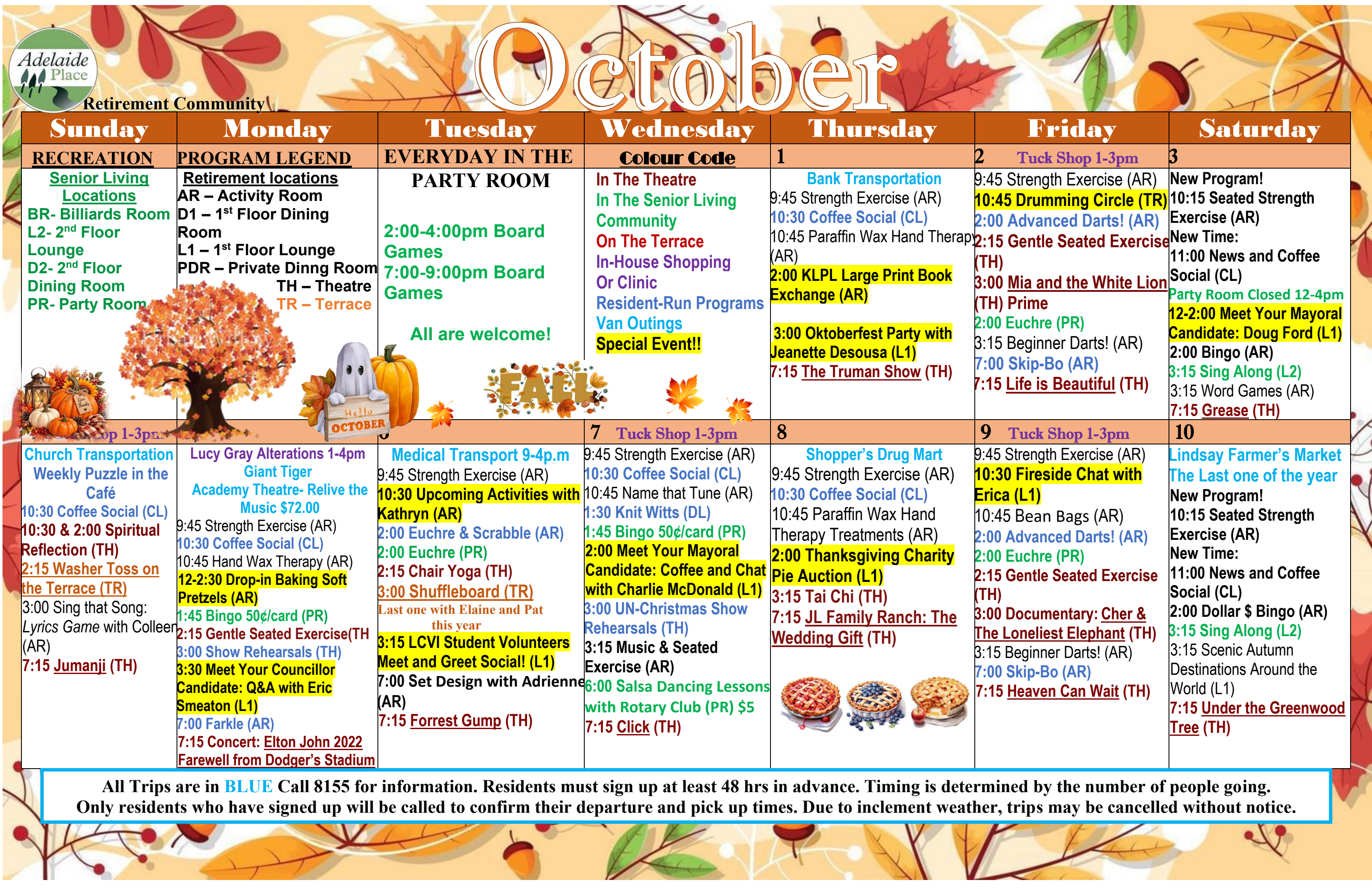
Once filled, the boxes are sent to children aged 2-14 years in developing countries for Christmas. **For many children, this will be the only Christmas gift they receive.**



October

Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 Tuck Shop 1-3pm Weekly Puzzle in the Café Church Transportation 10:30 Coffee Social (CL) 10:30 & 2:00 Spiritual Reflection (TH) 2:15 Bocce (AR) 3:00 Sing Along with Grace (AR) 7:15 <u>Relative Values</u> (TH)	12 Thanksgiving 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Paraffin Wax Hand Therapy Treatments (AR) Party Room Closed 12-4pm 2:15 Gentle Seated Exercise (TH) 3:00 Music Bingo (AR) 7:00 Farkle (AR) 7:15 Concert: <u>Live from Tokyo: John Williams and the Saito Kinen Orchestra</u> (TH)	13 Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 Book Club Meeting (PDR) 2:00 Euchre & Scrabble (AR) 2:00 Euchre (PR) 2:15 Chair Yoga 3:00 Shuffleboard (TR) 3:00 Cocktail & Mocktail Social with Harpist Susan Smith (L1) 7:00 Cranium Crunches (AR) 7:15 <u>What Happens Later</u> (TH)	14 Tuck Shop 1-3pm Bank Transportation 9:45 Strength Exercise (AR) 10:30 RC Evacuation Drill 1:00 SLC Evacuation Drill 1:30 Knit Witts (DL) 2:00 Bingo 50¢/card (PR) 3:00 Show Rehearsals (TH) 3:15 Music & Seated Exercise (AR) 7:15 <u>Navigating the Heart</u> (TH)	15 Shoreline Casino 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:30 United Church Service (TH) 10:45 Paraffin Wax Hand Therapy Treatments (AR) 2:15 Tai Chi (TH) 3:00 October Birthday Party with Craig Brtnik (L1) 7:15 <u>Chocolat</u> (TH)	16 Tuck Shop 1-3pm 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Crafty Walker Tags (AR) 2:00 Euchre (PR) 2:00 Advanced Darts! (AR) 2:15 Gentle Seated Exercise(TH) 3:00 Documentar y: <u>Orangutan</u> (TH) 3:15 Beginner Darts! (AR) 7:00 Skip-Bo (AR) 7:15 <u>Evil Under the Sun</u> (TH)	17 Academy Theatre- Clue \$43.00 9:30 & 10:15 Aquafit Class (PL) 10:15 Seated Strength Exercise (AR) 11:00 News and Coffee Social (CL) 2:00 Bingo (AR) 3:15 October Trivia (AR) 3:15 <u>Sing Along</u> (L2) 7:15 <u>Always at the Carlyle</u>
18 Tuck Shop 1-3pm Girl Guide Cookie Sale 11am-2pm -Or until sold out Weekly Puzzle in the Café Church Transportation 10:30 Coffee Social (CL) 10:30 Spiritual Reflection 2:00 Calvary Church Service & Hymn Sing (TH) 3:00 Bean Bags (AR) 7:15 <u>Escape to Athena</u> (TH)	19 Walker Bags by Fiona 10am-2pm Trip to Loblaws 9:45 Strength Exercise (AR) 10:45 Paraffin Wax Hand Therapy Treatments (AR) 1:45 Bingo 50¢/card (PR) 2:00 Chef Demo w/ Mark (AR) 2:15 Gentle Seated Exercise(TH) 3:00 UNChristmasRehearsal(TH) 7:00 Farkle (AR) 7:15 Concert: <u>Dolly Parton Tribute 2021</u> (TH)	20 Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:30 St. Mary's Catholic Service 2:00 Euchre & Scrabble (AR) 2:00 Euchre (PR) 2:15 Chair Yoga (TH) 3:00 Bible Study with Paul (TH) 3:00 Shuffleboard (TR) 3:15 Cocktail & Mocktail Social (L1) 7:00 Jeopardy! (AR) 7:15 <u>Silent Witness</u> (TH)	21 Tuck Shop 1-3pm Primrose Lane 10am-2pm (L1) 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Name that Tune (AR) 1:30 Knit Witts (DL) 1:45 Bingo 50¢/card (PR) 2:00 Pokeno (AR) 3:00 Show Rehearsals (TH) 3:00 Video Games w/ Ricky (L1) 3:15 Music & Seated Exercise(A 7:15 <u>Legally Blond</u> (TH)	22 Smiles to You- Dental Clinic Call 705 755-5575 to book Dollarama/Food Basics 9:45 Strength Exercise (AR) 10:45 Paraffin Wax Hand Therapy Treatments (AR) Activity Room Closed 12-3pm 2:15 Tai Chi (TH) 3:00 Thirsty Thursday with Randy Read (L1) 7:15 <u>Concussion</u> (TH)	23 Tuck Shop 1-3pm Academy Theatre: ABBA 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Ladder Ball (AR) 2:00 Euchre (PR) 2:00 Advanced Darts! (AR) 2:15 Gentle Seated Exercise(TH) 3:00 Doc: <u>Tigers on the Rise</u> (TH) 3:15 Beginner Darts! (AR) 7:00 Skip-Bo (AR) 7:15 <u>Cross Creek</u> (TH)	24 Alestea Mobile Fashion 10am-4:30pm (L1) Academy Theatre- ABBA \$52 9:30 & 10:15 Aquafit Class (PL) 10:15 Seated Strength Exercise (AR) 11:00 News & Coffee Social(CL 2:00 Dollar \$ Bingo (AR) 3:15 Who Am I? Famous People Now and Then (AR) 3:15 <u>Sing Along</u> (L2) 7:15 <u>Green to Gold</u> (TH)
25 Tuck Shop 1-3pm Weekly Puzzle in the Café Church Transportation 10:30 Coffee Social (CL) 10:30 & 2:00 Spiritual Reflection (TH) 2:15 Ladder Ball (AR) 3:00 Hymn Sing with Grace (AR) Dining Room Music at Suppertime 7:15 <u>Runt</u> (TH)	26 Mobile Senior Shop 10am-2pm(L1) Lindsay Mall Academy - David Chilton \$60 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Paraffin Wax Therapy (AR) 1:45 Bingo 50¢/card (PR) 2:00 Fall/Winter Menu Tasting(AR) 2:15 Gentle Seated Exercise(TH) 3:00 UNChristmasRehearsal(TH) 7:00 Farkle (AR) 7:15 Concert: <u>Carrie Underwood: Reflection 2025</u> (TH)	27 Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:30 St. Paul's Anglican Service 2:00 Euchre & Scrabble (AR) 2:00 Euchre (PR) 2:15 Chair Yoga (TH) 3:00 Shuffleboard (TR) 3:00 Filling Good Samaritan Boxes with our Donations (L1) 7:00 Histories and Mysteries (AR) 7:15 <u>Hello Dolly!</u> (TH)	28 Tuck Shop 1-3pm Pumpkin Contest Begins! Bank Transportation 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Name that Tune (AR) 1:30 KnitWits(DL)1:45Bingo(PR) 2:00 Pokeno (AR) 3:00 Show Rehearsals (TH) 3:15 Music & Seated Exercise(A 7:15 <u>Practical Magic</u> (TH)	29 Submit Pumpkin to Front Desk Whitney Town Centre 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Paraffin Wax Hand Therapy Treatments (AR) 2:15 Tai Chi (TH) 3:15 New Resident Social – All Residents Welcome! (AR) 7:15 <u>Premonition</u> (TH)	30 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Axe Throwing (AR) 2:00 Euchre (PR) 2:00 Advanced Darts! (AR) 2:15 Gentle Seated Exercise(TH) 3:00 Documentary: <u>Sea Lions o the Galapagos</u> (TH) 3:15 Beginner Darts! (AR) 7:00 Skip-Bo (AR) 7:15 <u>Witches of Eastwick</u> (TH)	31 Halloween 9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:15 Seat Strength Exercise (AR) 11:00 News & Coffee Social 2:00 Documentary: <u>Samhain: How to Celebrate, Origins & Symbolism</u> (TH) 3:00 Halloween Party with John Pebble! (L1) 5-7:00 Hand out Halloween Candy -Both Lobbies- 7:15 <u>The Sixth Sense</u> (TH)



October

Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
RECREATION <u>Senior Living Locations</u> BR- Billiards Room L2- 2 nd Floor Lounge D2- 2 nd Floor Dining Room PR- Party Room	PROGRAM LEGEND <u>Retirement locations</u> AR – Activity Room D1 – 1 st Floor Dining Room L1 – 1 st Floor Lounge PDR – Private Dining Room TH – Theatre TR – Terrace	EVERYDAY IN THE PARTY ROOM 2:00-4:00pm Board Games 7:00-9:00pm Board Games All are welcome!	Colour Code <u>In The Theatre</u> <u>In The Senior Living Community</u> <u>On The Terrace</u> <u>In-House Shopping Or Clinic</u> <u>Resident-Run Programs</u> <u>Van Outings</u> <u>Special Event!!</u>	1 <u>Bank Transportation</u> 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Paraffin Wax Hand Therapy (AR) 2:00 KLPL Large Print Book Exchange (AR) 3:00 Oktoberfest Party with Jeanette Desousa (L1) 7:15 The Truman Show (TH)	2 <u>Tuck Shop 1-3pm</u> 9:45 Strength Exercise (AR) 10:45 Drumming Circle (TR) 2:00 Advanced Darts! (AR) 2:15 Gentle Seated Exercise (TH) 3:00 Mia and the White Lion (TH) Prime 2:00 Euchre (PR) 3:15 Beginner Darts! (AR) 7:00 Skip-Bo (AR) 7:15 Life is Beautiful (TH)	3 New Program! 10:15 Seated Strength Exercise (AR) New Time: 11:00 News and Coffee Social (CL) Party Room Closed 12-4pm 12-2:00 Meet Your Mayoral Candidate: Doug Ford (L1) 2:00 Bingo (AR) 3:15 Sing Along (L2) 3:15 Word Games (AR) 7:15 Grease (TH)
4 <u>Tuck Shop 1-3pm</u> Church Transportation Weekly Puzzle in the Café 10:30 Coffee Social (CL) 10:30 & 2:00 Spiritual Reflection (TH) 2:15 Washer Toss on the Terrace (TR) 3:00 Sing that Song: Lyrics Game with Colleen (AR) 7:15 Jumanji (TH)	5 Lucy Gray Alterations 1-4pm Giant Tiger Academy Theatre- Relive the Music \$72.00 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Hand Wax Therapy (AR) 12-2:30 Drop-in Baking Soft Pretzels (AR) 1:45 Bingo 50¢/card (PR) 2:15 Gentle Seated Exercise (TH) 3:00 Show Rehearsals (TH) 3:30 Meet Your Councillor Candidate: Q&A with Eric Smeaton (L1) 7:00 Farkle (AR) 7:15 Concert: Elton John 2022 Farewell from Dodger's Stadium	6 Medical Transport 9-4p.m 9:45 Strength Exercise (AR) 10:30 Upcoming Activities with Kathryn (AR) 2:00 Euchre & Scrabble (AR) 2:00 Euchre (PR) 2:15 Chair Yoga (TH) 3:00 Shuffleboard (TR) Last one with Elaine and Pat this year 3:15 LCVI Student Volunteers Meet and Greet Social! (L1) 7:00 Set Design with Adrienne (AR) 7:15 Forrest Gump (TH)	7 <u>Tuck Shop 1-3pm</u> 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Name that Tune (AR) 1:30 Knit Witts (DL) 1:45 Bingo 50¢/card (PR) 2:00 Meet Your Mayoral Candidate: Coffee and Chat with Charlie McDonald (L1) 3:00 UN-Christmas Show Rehearsals (TH) 3:15 Music & Seated Exercise (AR) 6:00 Salsa Dancing Lessons with Rotary Club (PR) \$5 7:15 Click (TH)	8 <u>Shopper's Drug Mart</u> 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Paraffin Wax Hand Therapy Treatments (AR) 2:00 Thanksgiving Charity Pie Auction (L1) 3:15 Tai Chi (TH) 7:15 JL Family Ranch: The Wedding Gift (TH) 	9 <u>Tuck Shop 1-3pm</u> 9:45 Strength Exercise (AR) 10:30 Fireside Chat with Erica (L1) 10:45 Bean Bags (AR) 2:00 Advanced Darts! (AR) 2:00 Euchre (PR) 2:15 Gentle Seated Exercise (TH) 3:00 Documentary: Cher & The Loneliest Elephant (TH) 3:15 Beginner Darts! (AR) 7:00 Skip-Bo (AR) 7:15 Heaven Can Wait (TH)	10 Lindsay Farmer's Market The Last one of the year New Program! 10:15 Seated Strength Exercise (AR) New Time: 11:00 News and Coffee Social (CL) 2:00 Dollar \$ Bingo (AR) 3:15 Sing Along (L2) 3:15 Scenic Autumn Destinations Around the World (L1) 7:15 Under the Greenwood Tree (TH)

All Trips are in **BLUE** Call 8155 for information. Residents must sign up at least 48 hrs in advance. Timing is determined by the number of people going. Only residents who have signed up will be called to confirm their departure and pick up times. Due to inclement weather, trips may be cancelled without notice.