



October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 National Senior's Day 9:00 Exercise with Cathy 10:30 Celebration Walk To Booster Juice 2:30 Left Center Right (Resident Led) 5:45 Trivia with Griffin 7:30 Bingo with Griffin 	2 9:00 Exercise with Lorae 10:00-11:00 Tri-city Walkers 10:30-4:00 Pretty Things 10:00 Bus Trip to Historic Stewart Farm & Picnic lunch (sign up required)	3 Footcare 9:00 Exercise 10:00 Bus Trip to Campbell Valley Park for a walk (Sign up required) 10:15 Bunco Orientation 1:00-2:00 Country Store 2:30 Octoberfest Celebration with Happy Hour 3:45 Live Piano	4 9:00 Exercise 10:00 Maple Leaf Clay Sculpting 2:15 Bowling 3:30 Happy Hour and Trivia 7:30 Bingo
5 9:15 Exercise DVD 10:00 Live Broadcast Church Service 2:00 Salvation Army 7:00 Sunday Night Movie "My Fair Lady"	6 9:15 Exercise with Nola 9:30 Bus Trip to Harrison Hot springs (sign up required) 1:00-2:00 Country Store 2:30 52 Card Bingo 3:30 Walking Club	7 Harvest Lunch Buffet 9:00 Tai Chi with Vera 2:30 Entertainment with "Greg Alcock" 3:00 Happy Hour 3:30 Brussel Sprout Tasting 3:30 Knit and Natter 7:00 Crib Club	8 9:00 Exercise with Cathy 9:30 FLU & COVID VACCINE with Medicine Shoppe (sign up required) 12:30- 2:00 10:15 Giant Crossword 2:30 Mexican Train 3:30 Apple Treats 5:45 Trivia with Griffin 7:30 Bingo with Griffin	9 9:00 Exercise 10:00 Bus Shuttle to Costco, Save on Foods, London Drugs, Walmart, Banks, and Liquor Store (sign up required) 11:00-3:00 5th Ave Jewelry 7:00 Hymn Sing	10 Serene Nails Sign up 9:00 Exercise 10:15 Hot Chocolate and a Pumpkin Treat followed by Hangman 1:00-2:00 Country Store 2:00 Blackjack 3:30 Happy Hour with Trivia (Thanksgiving Edition)	11 9:00 Exercise 2:15 Yahtzee 3:00 Matinee Movie "Music by John Williams" 3:30 Happy Hour and Trivia 7:30 Bingo
12 9:00 Exercise 10:00 Live Broadcast Church Service 7:00 Sunday Night Movie "Goodbye Christopher Robin"	13 Happy Thanksgiving 9:00 Exercise 1:00- 2:00 Country Store 2:30 52 Card Bingo 	14 9:00 Tai Chi with Vera 10:00 Active Living Meeting 2:30 October Birthday Party! Entertainment with "Roy and Darla" 3:30 Happy Hour 3:30 Knit and Natter 7:00 Crib Club	15 9:00 Exercise with Cathy 10:30 Art Class 11:00-3:30 Casual Chic Couture 1:30 Bus Trip to Great Canadian Casino (Sign up Required) 5:45 Trivia with Griffin 7:30 Bingo with Griffin	16 9:00 Exercise 10:00 Bus Trip to Willowbrook Mall and Dollar Store / Lunch at Food Fair (sign up required) 2:30 Mexican Train 3:30 Happy Hour	17 Footcare 9:00 Exercise 10:00 Pumpkin Lattes 10:15 Jeopardy 1:00-2:00 Country Store 2:00 Family Feud 3:30 Happy Hour with Trivia 3:45 Live Piano	18 9:0 Exercise 10:00 Painting Class 2:15 Horseraces 2:30 Food Meeting with "Raj" 3:00 Matinee Movie "Remember the Titans" 3:30 Happy Hour and Trivia



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19 9:15 Exercise 10:00 Live Broadcast Church Service 7:00 Sunday Night Movie “ Beauty and The Beast ”	20 Hearing Clinic 9:00 Exercise with Nola 10:15 Giant Crossword 1:00-2:00 Country Store 2:30 Diwali Celebration 	21 National Apple Day Blood pressure clinic 9:00 Tai Chi with Vera 2:30 Entertainment with the “Shoe Shakers” 3:30 Happy Hour with Apple Appy’s 3:30 Knit and Natter 7:00 Crib Club	22 9:00 Exercise with Cathy 10:00 Smoothies at the Bar 10:00 Bus Trip to Mud Bay for a Walk (Sign up Required) 2:30 Mexican Train 3:30 Happy Hour 5:45 Trivia with Griffin 7:30 Bingo with Griffin	23 9:00 Exercise 10:00 By Elections for Councillor Township of Langley 10:00 Thrift Stores and out for Lunch To A&W (Sign up Required) 2:30 Sing along with “Brenda” 3:30 Walking Club 7:00 Hymn Sing	24 9:00 Exercise 10:00 Pumpkin Art 10:15 Jeopardy 1:00-2:00 Country Store 2:00 Blackjack 3:00 Movie Matinee “Ever after” A Cinderella Story 3:30 Happy Hour 3:45 Live Piano	25 9:00 Exercise 2:15 Horseraces 3:00 Matinee Movie “Into the Woods” 3:30 Happy Hour with Trivia 7:30 Bingo
26 9:15 Exercise 10:00 Live Broadcast Church Service 7:00 Sunday Night Movie “ Miss Peregrine’s Home for Peculiar Children ”	27 Orange and Black Day 9:15 Exercise with Nola 10:15 Giant Crossword 1:00-2:00 Country Store 2:30 52 Card Bingo 2:30 Entertainment with “Garth” 3:00 Happy Hour	28 Crazy Hair Day 9:00 Tai Chi with Vera 10:30 Fort Langley Stroll (sign up Required) 2:30 Horseraces 3:30 Happy Hour 3:30 Knit and Natter 7:00 Crib Club	29 Pajama Day 9:00 Exercise with Cathy 10:00 Color me Spooky 10:00 Bus Shuttle to Costco, Save on Foods, London drugs, Walmart, Banks and liquor Store (Sign up Required) 2:00 Movie Matinee ‘The Shape of Water’ with Snacks 5:45 Trivia with Griffin 7:30 Bingo with Griffin	30 Crazy Hat Day 9:00 Exercise 10 :00 Halloween Art 2:00 Walking Club 2:30 Mexican Train 3:00 Movie Matinee “Hocus Pocus” with popcorn 3:30 Happy Hour with Hangman	31 Happy Halloween Footcare 9:00 Exercise 10:00 Trick or Treaters 10:30 Pumpkin Carving 1:00-2:00 Country Store 2:30 Halloween Celebrations with Karaoke, Happy Hour, and 50/50 Draw (Half will go to Country store for Charity)	*For program location please refer to the daily activities’ poster in the elevators, mailroom & lobby