

October 2025

BSTN EAST



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			10:00 Mobility Flow 11:00 The Laughing Lounge 1:30 Crosswords 3:00 Reminisce Through Song 4:00 1:1 Visits (Social)	10:30 Catholic Mass (Town Hall) 1:30 Fall Flavours: Ice Cream with Stewed Apples 3:00 Montessori Creations 4:00 Helping Hands	10:00 Bingo 1:15 Artist Spotlight (MT) 2:00 Town Hall Pub with Salve & Friends 3:45 Walking Club	
5	6	7	8	9	10	11
10:00 Scenic Relaxation: German Wonders 11:00 1:1 Visits (Spiritual) 1:30 Active Games: Fall Wreath 3:15 Creative Corner 4:00 1:1s & Heart for Music	BSTN Studio Day 10:00 Shuffle Board (Art Studio) 1:30 Creative Corner: Paper Lantern & Moon Cake Tasting with Tea (Art Studio)	10:00 Bingo (Town Hall) 11:00 1:1 Visits 1:30 Karaoke: Oldies but Goodies 3:00 Building and Sorting 4:00 Walking Club	10:00 Mobility Flow 2:00 Country of the Month: Germany - Oktoberfest! (Town Hall) 3:45 Library Book Collection 4:00 Heart for Music	10:30 Catholic Mass (Town Hall) 1:30 Trivia Challenge 3:00 Creative Corner - Pinecone Turkey 4:00 Library Book Delivery 4:00 Helping Hands	10:00 Bingo 1:15 Artist Spotlight (MT) 2:00 Town Hall Pub with Mark Wolfe 3:45 Walking Club	
12	13	14	15	16	17	18
10:00 Hymn Sing 11:00 1:1 Visits (Spiritual) 1:30 Active Games 3:00 Men's Choir 4:00 Dining Room Social		10:00 Bingo (Town Hall) 11:00 1:1 Visits 1:30 Karaoke: Oldies but Goodies 3:00 Building and Sorting 4:00 Helping Hands	10:00 Mobility Flow 11:00 The Laughing Lounge 1:30 Crosswords 3:00 Reminisce Through Song 4:00 1:1 Visits (Social)	10:30 Catholic Mass (Town Hall) 10:30 Legion # 229: Whalley Lunch Outing 1:30 Fall Flavours: Spiced Apple Cider 3:00 Creative Corner - Painting 4:00 Helping Hands	10:00 Bingo 1:15 Artist Spotlight (MT) 2:00 Town Hall Pub with Mike Kinal 3:45 Walking Club	
19	20	21	22	23	24	25
10:00 Scenic Relaxation: Castles of the World 11:00 1:1 Visits (Spiritual) 1:30 Active Games 3:15 Creative Corner - Doily Ghosts 4:00 1:1s & Heart for Music	BSTN Studio Day 10:00 Shuffle Board (Art Studio) 1:30 Diwali Celebration (Town Hall) 4:00 1:1 Visits	10:00 Bingo (Town Hall) 11:00 1:1 Visits 1:30 Karaoke: Oldies but Goodies 3:00 Building and Sorting 4:00 Walking Club	10:00 Mobility Flow 11:00 The Laughing Lounge 1:30 Crosswords 2:00 Birthday Party with John Cronin (Town Hall) 4:00 Heart for Music	10:30 Catholic Mass (Town Hall) 10:30 Morning Seated Zumba 11:00 Heart for Music 1:00 Pumpkin Patch Outing 3:00 Montessori Creations 4:00 Helping Hands	10:00 Bingo 1:15 Artist Spotlight (MT) 2:00 Town Hall Pub with The Timeliners 3:45 Walking Club	
26	27	28	29	30	31	
10:00 Hymn Sing 11:00 1:1 Visits (Spiritual) 1:30 Active Games 3:00 Men's Choir 4:00 Dining Room Social	BSTN Studio Day 10:00 Pet Visits with Oreo 10:00 Shuffle Board (Art Studio) 1:30 Creative Corner: Pumpkin Painting (Art Studio) 2:30 Music with John Knox (Town Hall) 3:00 Magic Table (Art Studio)	10:00 Bingo (Town Hall) 11:00 1:1 Visits 1:30 Karaoke: Oldies but Goodies 3:00 Building and Sorting 4:00 Helping Hands	10:00 Mobility Flow 11:00 The Laughing Lounge 1:30 Crosswords 3:00 Reminisce Through Song 4:00 1:1 Visits (Social)	10:30 Catholic Mass (Town Hall) 10:30 Morning Seated Zumba 11:00 Heart for Music 1:30 Trivia Challenge 3:00 Montessori Creations 3:00 Creative Corner - Paper Pumpkin Art 4:00 Helping Hands	1:15 Artist Spotlight (MT) 2:00 Halloween Party with Gord Oliver 3:45 Board Decorating	

*Please note that programs are subject to change without notice

Legend: BLUE = Art Studio, PURPLE = Main St./Sensory Room, PINK = Town Hall, RED = Outing/Library Delivery