

October 2025

BSTN WEST



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Drumming for Fitness 11:00 1:1 Visits (Emotional) 1:30 Creative Corner - Paper Lantern Art 3:00 Table Games 4:00 Helping Hands	2 10:30 Balloon Toss 10:30 Catholic Mass (Town Hall) 11:00 The Laughing Lounge	3 2:00 Town Hall Pub with Salve & Friends 3:00 Individual Music Therapy (MT) 3:45 Walking Club	4
5 10:00 Virtual Sunday Services 11:00 Multisensory Room (BSTN-West) 1:30 Building and Sorting 3:00 Walking Club 4:00 Helping Hands	6 BSTN Studio Day 10:00 Shuffle Board (Art Studio) 11:15 1:1 Walks 1:30 Creative Corner: Paper Lantern & Moon Cake Tasting with Tea (Art Studio) 4:00 Helping Hands	7 10:00 Bingo (Town Hall) 11:00 Walk and Talks 1:30 Multisensory Room 3:00 Rhythms and Reminiscing 4:00 1:1 Visits (Social)	8 10:00 Exercise - Seated Exercise 11:00 1:1 Visits (Emotional) 2:00 Country of the Month: Germany - Oktoberfest! (Town Hall) 3:45 Library Book Collection 4:00 Helping Hands	9 10:30 Catholic Mass (Town Hall) 4:00 Library Book Delivery	10 2:00 Town Hall Pub with Mark Wolfe 3:00 Individual Music Therapy (MT) 3:45 Walking Club	11
12 10:00 Virtual Sunday Services 11:00 Multisensory Room (BSTN-West) 1:30 Building and Sorting 3:00 Walking Club 4:00 Helping Hands	13 	14 10:00 Bingo (Town Hall) 11:00 Walk and Talks 1:30 Multisensory Room 3:00 Rhythms and Reminiscing 4:00 1:1 Visits (Social)	15 10:00 Drumming for Fitness 11:00 1:1 Visits (Emotional) 1:30 Creative Corner - Paper Pumpkin Art 3:00 Table Games 4:00 Helping Hands	16 10:30 Balloon Toss 10:30 Catholic Mass (Town Hall) 10:30 Legion # 229: Whalley Lunch Outing 11:00 The Laughing Lounge	17 2:00 Town Hall Pub with Mike Kinal 3:00 Individual Music Therapy (MT) 3:45 Walking Club	18
19 10:00 Virtual Sunday Services 11:00 Multisensory Room (BSTN-West) 1:30 Building and Sorting 3:00 Walking Club 4:00 Helping Hands	20 BSTN Studio Day 10:00 Shuffle Board (Art Studio) 11:15 1:1 Walks 1:30 Diwali Celebration (Town Hall) 4:00 Helping Hands	21 10:00 Bingo (Town Hall) 11:00 Walk and Talks 1:30 Multisensory Room 3:00 Rhythms and Reminiscing 4:00 1:1 Visits (Social)	22 10:00 Exercise - Seated Exercise 11:00 1:1 Visits (Emotional) 1:30 Creative Corner- Paper Ghost Art 2:00 Birthday Party with John Cronin (Town Hall) 3:00 Table Games 4:00 Helping Hands	23 10:30 Balloon Toss 10:30 Catholic Mass (Town Hall) 11:00 The Laughing Lounge 1:00 Pumpkin Patch Outing	24 2:00 Town Hall Pub with The Timeliners 3:00 Individual Music Therapy (MT) 3:45 Walking Club	25
26 10:00 Virtual Sunday Services 11:00 Multisensory Room (BSTN-West) 1:30 Building and Sorting 3:00 Walking Club 4:00 Helping Hands	27 BSTN Studio Day 10:00 Pet Visits with Oreo 10:00 Shuffle Board (Art Studio) 11:15 1:1 Walks 1:30 Creative Corner: Pumpkin Painting (Art Studio) 2:30 Music with John Knox (Town Hall) 3:00 Magic Table (Art Studio) 4:00 Helping Hands	28 10:00 Bingo (Town Hall) 11:00 Walk and Talks 1:30 Multisensory Room 3:00 Rhythms and Reminiscing 4:00 1:1 Visits (Social)	29 10:00 Drumming for Fitness 11:00 1:1 Visits (Emotional) 1:30 Creative Corner - All Halloween Painting 3:00 Table Games 4:00 Helping Hands	30 10:30 Balloon Toss 10:30 Catholic Mass (Town Hall) 11:00 The Laughing Lounge 1:30 Fall Flavours: Pumpkin Spice Cupcakes 4:00 1:1 Visits (Physical)	31 10:00 Trick or Treat with Schools! (Town Hall) 2:00 Halloween Party with Gord Oliver 3:00 Individual Music Therapy (MT) 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