

October 2025

Lower North



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			LN Studio Day 10:00 Art Studio Open 10:00 Mother Goose: Intergenerational Program (Town Hall) 10:00 Circle Time with BACI Daycare (Main Street) 10:00 Shuffleboard & Pool (Art Studio) 1:30 Art Studio Open 1:30 Jeopardy Trivia (Art Studio) 2:00 Mahjong (Main Street) 3:00 Individual Music Therapy (MT)	10:30 Catholic Mass (Town Hall) 11:00 Short Stories 1:30 Active Games 1:30 Main Street Music Jam! 3:00 Multisensory Room	10:00 Bingo 10:30 Mahjong (Main Street) 2:00 Town Hall Pub with Salve & Friends 3:45 Heart for Music 4:00 Helping Hands	10:00 Gentle Stretches and Movement 11:00 Heart for Music 1:30 Community Centre (Art Studio) 3:30 Room Visits
5	6	7	8	9	10	11
10:00 Hymn Sing (Art Studio) 10:00 Yogasize 10:45 Tea & Chat (Art Studio) 11:00 Finish the Phrase 1:30 Creative Corner(Mid Autumn Lantern) 1:30 Spa & Relaxation 3:00 Table Games 3:30 Book Club 4:00 Heart for Music	10:00 Chair Exercise & Stretch 10:00 Pet Visits with Oreo 11:00 Room Visits 11:00 Short Stories 1:30 Piano with Murray 1:30 Trivia 3:00 Dining Room Social (Mid- Autumn celebration) 4:00 Heart for Music 4:00 Helping Hands	10:00 Bingo (Town Hall) 1:30 Music Therapy Quiz Show (Town Hall) 1:30 Chinese Tea Appreciation (MN Lounge) 3:00 Sensory Cart 4:00 Helping Hands	LN Studio Day 10:00 Art Studio Open 10:00 Creative Corner with BACI Daycare (Art Studio) 10:00 Mother Goose: Intergenerational Program (Town Hall) 2:00 Country of the Month: Germany - Oktoberfest! (Town Hall) 2:00 Mahjong (Main Street) 3:00 Individual Music Therapy (MT) 3:45 Library Book Collection	Lower North Photo Day! 10:30 Art Studio Open 10:30 Catholic Mass (Town Hall) 1:30 Art Studio Open 1:30 Main Street Music Jam! 4:00 Library Book Delivery	10:00 Bingo 10:30 Mahjong (Main Street) 2:00 Town Hall Pub with Mark Wolfe 3:45 Heart for Music 4:00 Helping Hands	10:00 Gentle Stretches and Movement 11:00 Heart for Music 1:30 Community Centre (Art Studio) 3:30 Room Visits
12	13	14	15	16	17	18
10:00 Chair Exercise & Stretch 10:00 Hymn Sing (Art Studio) 10:45 Tea & Chat (Art Studio) 11:00 Name that Tune 1:30 Creative Corner 1:30 Trivia 3:00 Table Games 3:30 Book Club 4:00 Sensory Cart		10:00 Art Studio Open 10:00 Bingo (Town Hall) 1:30 Active Games 1:30 Art Studio Open 3:00 Name That Famous Face 3:00 Cribbage (Art Studio) 4:00 Heart for Music	LN Studio Day 10:00 Art Studio Open 10:00 Mother Goose: Intergenerational Program (Town Hall) 10:00 Circle Time with BACI Daycare (Main Street) 10:00 Shuffleboard & Pool (Art Studio) 1:30 Art Studio Open 1:30 Baking: Pumpkin Pie Tarts (Art Studio) 2:00 Mahjong (Main Street) 3:00 Individual Music Therapy (MT) 3:00 Magic Table (Art Studio)	10:30 Art Studio Open 10:30 Catholic Mass (Town Hall) 10:30 Legion # 229: Whalley Lunch Outing 11:00 Finish the Line 1:30 Active Games 1:30 Art Studio Open 1:30 Main Street Music Jam! 3:00 Multisensory Room 4:00 Helping Hands	10:00 Bingo 10:30 Mahjong (Main Street) 1:30 Hand Chime Choir (MT) 2:00 Town Hall Pub with Mike Kinal 3:45 Heart for Music 4:00 Helping Hands	10:00 Gentle Stretches and Movement 11:00 Heart for Music 1:30 Community Centre (Art Studio) 3:30 Room Visits
19	20	21	22	23	24	25
10:00 Hymn Sing (Art Studio) 10:45 Tea & Chat (Art Studio) 1:30 Happy Hour 3:00 Short Stories 4:00 Heart for Music	10:00 Chair Exercise & Stretch 1:30 Diwali Celebration (Town Hall) 4:00 Heart for Music	10:00 Art Studio Open 10:00 Bingo (Town Hall) 1:30 Active Games 1:30 Art Studio Open 1:30 Veterans Group (Main Street) 3:00 Name that Tune 3:00 Cribbage (Art Studio) 4:00 Helping Hands	LN Studio Day 10:00 Art Studio Open 10:00 Creative Corner with BACI Daycare (Art Studio) 10:00 Mother Goose: Intergenerational Program (Town Hall) 1:30 Art Studio Open 1:30 Spooky Stories (Art Studio) 2:00 Birthday Party with John Cronin (Town Hall) 2:00 Mahjong (Main Street) 3:00 Individual Music Therapy (MT) 3:00 Magic Table (Art Studio)	10:30 Art Studio Open 10:30 Catholic Mass (Town Hall) 11:00 Heart for Music 1:00 Pumpkin Patch Outing 1:30 Art Studio Open 1:30 Main Street Music Jam! 1:30 Spa & Relaxation 3:00 Crosswords 4:00 Walk, Wheel, or Stroll	10:00 Bingo 10:00 Music and Memories (MT) 10:30 Mahjong (Main Street) 2:00 Town Hall Pub with The Timeliners 3:45 Heart for Music 4:00 Helping Hands	1:30 Community Centre (Art Studio)
26	27	28	29	30	31	
10:00 Hymn Sing (Art Studio) 10:00 Yogasize 10:45 Tea & Chat (Art Studio) 11:00 Finish the Line 1:30 Happy Hour 1:30 Trivia 3:30 Book Club 4:00 Sensory Cart	10:00 Chair Exercise & Stretch 11:00 Room Visits 11:00 Sensory Cart 1:30 Walking Club 2:30 Music with John Knox (Town Hall) 3:00 Jeopardy 4:00 Heart for Music 4:00 Helping Hands	10:00 Art Studio Open 10:00 Bingo (Town Hall) 1:30 Active Games 1:30 Art Studio Open 3:00 Sensory Cart 3:00 Cribbage (Art Studio) 4:00 Heart for Music	LN Studio Day 10:00 Art Studio Open 10:00 Pumpkin Painting and Carving with BACI Daycare(Art Studio) 10:00 Mother Goose: Intergenerational Program (Town Hall) 1:30 Art Studio Open 1:30 Creative Corner (Art Studio) 2:00 Mahjong (Main Street) 3:00 Individual Music Therapy (MT) 3:00 Magic Table (Art Studio)	10:30 Art Studio Open 10:30 Catholic Mass (Town Hall) 10:30 Exercise 11:00 Coloring Corner 11:00 Heart for Music 1:30 Active Games 1:30 Art Studio Open 1:30 Main Street Music Jam! 3:00 Name that Famous Face 3:00 Multisensory Room 4:00 Helping Hands	10:00 Trick or Treat with Schools! (Town Hall) 10:30 Mahjong (Main Street) 2:00 Halloween Party with Gord Oliver 3:45 Board Decorating	

*Please note that programs are subject to change without notice