

October 2026

Main North



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:15 Mahjong 10:30 Catholic Mass (Town Hall) 1:30 Art Studio Open 1:30 Main Street Music Jam! (MT) 1:30 Multisensory Room 3:00 Active Game 4:00 1:1 Visits (Spiritual)	2 10:00 Bingo (Town Hall) 3:15 Cribbage (Town Hall) 4:00 Helping Hands	3 10:00 Gentle Stretches and Ball Toss 11:00 Heart for Music 1:30 Community Centre (Art Studio) 3:45 1:1 Visits (Spiritual)
4 10:00 Hymn Sing (Art Studio) 10:45 Studio Social (Art Studio)	5 10:00 Exercise 1:30 Piano ith Murray 3:00 Spa & Relaxtiation	6 10:00 Bingo (Town Hall) 10:00 Individual Music Therapy (MT) 10:00 Spa & Relaxation (Art Studio) 1:30 Arts and Crafts 1:30 Piano Music with Bowie (MT) 3:00 Cribbage (Art Studio) 3:00 Individual Music Therapy (MT) 3:00 Magic Table (Art Studio)	7 10:00 Lower North Studio Day 10:00 Show And Tell with BACI (Main Street) 10:15 Chair Yoga Dance 10:15 Mahjong (Main Street) 11:00 Heart for Music 1:30pm Mini Olympics MN vs LN	8 10:30 Catholic Mass (Town Hall) 1:30 Art Studio Open 1:30 Main Street Music Jam! (MT) 1:30 Multisensory Room 3:00 Active Game 4:00 1:1 Visits (Spiritual)	9 10:00 Bingo (Town Hall) 10:15 Mahjong (Main Street) 2:00 Town Hall Pub With TBD 3:15 Cribbage (Town Hall) 4:00 Sensory Cart	10 10:00 Gentle Stretches and Ball Toss 11:00 Heart for Music 1:30 Community Centre (Art Studio) 3:30 Sing-a-long
11 10:00 Hymn Sing (Art Studio) 10:45 Studio Social (Art Studio)	12 	13 10:00 Bingo (Town Hall) 10:00 Individual Music Therapy (MT) 1:30 Piano Music with Bowie (MT) 3:00 Individual Music Therapy (MT)	14 Library Collection 10:00 Lower North Studio Day 10:15 Trivia 1:30pm Mini Olympics MS vs BSTN 2:00 Mahjong (Main Street)	15 10:15 Sing-a-long 10:30 Catholic Mass (Town Hall) 1:30 Art Studio Open 1:30 Main Street Music Jam! (MT) 1:30 Resident Council Meeting (Town Hall) 3:00 Active Game 4:00 Library Delivery	16 10:00 Bingo (Town Hall) 10:15 Mahjong (Main Street) 2:00 Town Hall Pub With Shawn Mckee 3:15 Cribbage (Town Hall) 4:00 Helping Hands	17 10:00 Gentle Stretches and Ball Toss 11:00 Heart for Music 1:30 Community Centre (Art Studio) 3:45 1:1 Visits (Spiritual)
18 10:00 Hymn Sing (Art Studio) 10:45 Studio Social (Art Studio)	19 10:00 Exercise 3:00 Spa & Relaxtiation	20 10:00 Bingo (Town Hall) 10:00 Individual Music Therapy (MT) 10:00 Spa & Relaxation (Art Studio) 1:30 Piano Music with Bowie (MT) 1:45 Chinese Tea Appreciation 3:00 Cribbage (Art Studio) 3:00 Individual Music Therapy (MT) 3:00 Magic Table (Art Studio)	21 10:00 Lower North Studio Day 10:00 Show And Tell with BACI (Main Street) 10:15 Chair Yoga Dance 10:15 Mahjong (Main Street) 11:00 Heart for Music 1:30pm Mini Olympics Semifinals	22 10:15 Crosswords 10:30 Catholic Mass (Town Hall) 1:30 Art Studio Open 1:30 Main Street Music Jam! (MT) 1:30 Multisensory Room 3:00 Active Game 4:00 1:1 Visits (Spiritual)	23 10:00 Bingo (Town Hall) 10:15 Mahjong (Main Street) 2:00 Town Hall Pub With Salve And Friends 3:15 Cribbage (Town Hall) 4:00 Sensory Cart	24 10:00 Gentle Stretches and Ball Toss 11:00 Heart for Music 1:30 Community Centre (Art Studio) 3:30 Sing-a-long
25 10:00 Hymn Sing (Art Studio) 10:45 Studio Social (Art Studio)	26 10:00 Exercise 3:00 Spa & Relaxtiation	27 10:00 Bingo (Town Hall) 10:00 Individual Music Therapy (MT) 10:00 Shuffle Board & Pool (Art Studio) 1:30 Arts and Crafts 1:30 Piano Music with Bowie (MT) 3:00 Cribbage (Art Studio) 3:00 Individual Music Therapy (MT) 3:00 Magic Table (Art Studio)	28 10:00 Lower North Studio Day 10:00 Crosswords 2:00 Mahjong (Main Street) 2:00 Birthday Party	29 10:30 Catholic Mass (Town Hall) 1:30 Art Studio Open 1:30 Main Street Music Jam! (MT) 1:30pm Mini Olympics Finals	30 10:00 Bingo (Town Hall) 10:15 Mahjong (Main Street) 2:00 Halloween Party With Peter Williams 3:15 Cribbage (Town Hall) 4:00 Helping Hands	31 10:00 Gentle Stretches and Ball Toss 11:00 Heart for Music 1:30 Community Centre (Art Studio) 3:45 1:1 Visits (Spiritual)

*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