

# SPOTLIGHT

## Hello Fall!

Get ready for the leaves to change colour, the air to get cooler and lots of fun events and activities! Make sure to check out the Event Spot Light section, the highlights for the month and our Perks & Pluses!

### Falls Prevention (FP)

This program focuses on providing a consistent approach to prevent, manage & reduce injuries associated with falls .

### Osteoporosis (Osteo)

This program is great for beginners or intermediate participants that have been diagnosed with Osteopenia or Osteoporosis. The program will provide education on the factors that affect bone loss and exercises that will help maintain & build bone mass.

### Movement Matters (MM)

This Low-intensity class is suitable for beginners to intermediate fitness levels. It Involves exercises that make use of bands, dumbbells, & body weight while in a seated position.

### Pump It Up (PIU)

This Higher intensity exercise class involves more standing based exercises with the use of bands, dumbbells, & body weight

## Zumba:

Fernanda will be coming in twice this month on Saturday October 1st and Saturday October 15th.

### Chudleigh's Farm Bus Trip:

Join us for a beautiful fall afternoon at a Farm where we will have the opportunity to pick fresh apples, enjoy lunch & sweet treats at the market & visit barn animals.

### Seniors at the Symphony: Beethoven and Brahms

Starting once a month until May, we have been gifted tickets for 7 residents to attend the Mississauga Orchestra at the Living Arts Center! Transportation will be provided & sign up at reception!

### Painting Class with Glynnis:

Starting this month, Glynnis will be instructing a painting class every third Tuesday. Sign up at reception!

### JBS Clothing:

On October 20th JBS clothing will be set up from 1:00-3:00pm in the Main Lounge. Treat yourself to something special!

### Wine and Cheese Social with Live Music:

Invite a friend and join us for an afternoon full of wine, cheese & music by vocalists Bernice Gopin & pianist Reuven Grajner.

## LIVING WELL PERKS & PLUSES October 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	9:00am—FP 4 10:00am— Osteo 11:00am— MM	5	9:00am—FP 6 10:00am— Osteo 11:00am— PIU Store to Door Delivery	9:00am— MM 7 10:00am— PIU 11:00am —FP Hair Salon (Apt) Foot Care (Apt)
Store to Door Order Due 10	9:00am—FP 11 10:00am— Osteo 11:00am— MM Manicures	12	9:00am—FP 13 10:00am— Osteo 11:00am— PIU Store to Door Delivery	9:00am— MM 14 10:00am— PIU 11:00am —FP Hair Salon (Apt)
Store to Door Order Due 17	9:00am—FP 18 10:00am— Osteo 11:00am— MM	Moisturizing Paraffin Hand Bath 19	9:00am—FP 20 10:00am— Osteo 11:00am— PIU Store to Door Delivery	9:00am— MM 21 10:00am— PIU 11:00am —FP Hair Salon (Apt)
Store to Door Order Due 24	9:00am—FP 25 10:00am— Osteo 11:00am— MM	26	9:00am—FP 27 10:00am— Osteo 11:00am— PIU Store to Door Delivery	9:00am— MM 28 10:00am— PIU 11:00am —FP
Store to Door Order Due 31		Foot clinic is available every 6 weeks- October 7th Please talk to Wellness regarding your appointment!		

## EVENTS CALENDAR | October 2022

## HIGHLIGHTS

- October 1st— Zumba with Fernanda
- October 5th— The Crafty Bunch: Halloween Door Hanger
- October 8th— Ananda Musical Performance
- October 12th— Pumpkin Decorating
- October 13th— Shopping Outing: Westdale Mall
- October 14th— Chudleigh's Farm Bus Trip
- October 15th— Zumba with Fernanda & Seniors at the Symphony Concert
- October 18th— Card Making Club
- October 19th— Social Eats & Silvia Gualtieri City of Mississauga Councilor for Ward 2 Meet & Greet
- October 20th— JBS Clothing Shop
- October 21st— John Timko Performance
- October 24th— Election Day
- October 25th— Wine & Cheese Social with Live Music by Bernice Gopin & Reuven Grajner
- October 26th— Sweet Treat Pumpkin Social & Culinary Meeting
- October 27th— Town Hall & Special Big Prize Bingo
- October 28th— Shopping Outing: South Common Mall
- October 31st— Halloween Costume Day



HAPPY BIRTHDAY!

Mr. John Hebert — October 26th

Sifton

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# SOCIAL & RECREATIONAL ACTIVITIES - OCTOBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>10:30</b> Brain Game Puzzle Package—Pick-up at Reception <sup>1</sup> <b>1:30 Zumba with Fernanda</b> <b>3:30</b> Weekly Hallway Walking group with CN Tower View (TFH) <b>6:30</b> Halloween Movie Night (ML) — Casper (Netflix)
<b>10:30</b> Brain Game Puzzle Package—Pick-up at Reception <sup>2</sup> <b>10:30</b> Sunday Catholic Church Service (ML) <b>1:30</b> Adult Coloring Books (ML) <b>3:00</b> Meet a friend for Coffee or Tea (ML) <b>6:30</b> Movie with the letter ‘U’ The Unfinished Line (ML) — (Netflix)	<b>10:30</b> Exercise Class (IPAD)(ML) <sup>3</sup> <b>11:00</b> Tea for Two with Reanna <b>3:00</b> Euchre Club (ML) <b>3:00</b> Jumbo Puzzles (ML) <b>7:00</b> Group Crosswords with Sarah (ML)	<b>9:00-12:00</b> Exercise with the LHIN (ML) (See Perks & Pluses on Back for Class Times) <sup>4</sup> <b>2:00</b> 4 Pic 1 Word (IPAD) (ML) <b>3:00</b> Bingo (ML) <b>7:00</b> Elizabeth & Margaret Love and Loyalty (Netflix) (ML)	<b>10:00</b> Mindful Yoga (IPAD)(ML) <sup>5</sup> <b>2:00</b> The Crafty Bunch: Halloween Door Hanger (ML) <b>7:00</b> After Dinner Tea with Friends (ML)	<b>9:00</b> Exercise with the LHIN (ML) (See Perks & Pluses on Back for Class Times) <sup>6</sup> <b>2:00</b> Afternoon Neighborhood Stroll (ML) <b>3:00</b> Bingo (ML) <b>7:00</b> Euchre Club (ML) <b>7:00</b> Jumbo Puzzles (ML)	<b>9:00</b> Exercise with the LHIN (ML) (See Perks & Pluses on Back for Class Times) <sup>7</sup> <b>2:00</b> Moisturizing Paraffin Hand Bath (ML) <b>3:00</b> Tin Can Bean Bag Toss & Dart Board Competition (ML) <b>7:00</b> After Dinner Tea with Friends (ML)	<b>10:30</b> Brain Game Puzzle Package—Pick-up at Reception <sup>8</sup> <b>2:00 Ananda Musical Performance (ML)</b> <b>3:30</b> Checkers (ML) <b>6:30</b> Halloween Movie Night (ML) — The Addams Family (Netflix)
<b>THANKSGIVING DINNER (DR)</b> <sup>9</sup> <b>10:30</b> Brain Game Puzzle Package—Pick-up at Reception <b>10:30</b> Sunday Catholic Church Service (ML) <b>1:30</b> Adult Coloring Books (ML) <b>3:00</b> Meet a friend for Coffee or Tea (ML) <b>6:30</b> Movie with the letter ‘V’ (ML) — The Vow	<b>THANKSGIVING DAY</b> <sup>10</sup> <b>10:30</b> Mindful Yoga (ML) <b>3:00</b> Euchre Club (ML) <b>3:00</b> Jumbo Puzzles( ML) <b>7:00</b> Thanksgiving Movie Night: Planes, Trains And Automobiles (Netflix) (ML)	<b>9:00</b> Exercise with the LHIN (ML) (See Perks & Pluses on Back for Class Times) <sup>11</sup> <b>2:00</b> 4 Pics 1 Word (IPAD) (ML) <b>3:00</b> Bingo (ML) <b>7:00</b> Inside the Mind of a Cat (Netflix) (ML)	<b>10:00</b> Move to the Beat Drum Fitness (IPAD) (ML) <sup>12</sup> <b>2:00</b> Pumpkin Decorating (ML) <b>7:00</b> After Dinner Tea with Friends (ML)	<b>9:00</b> Exercise with the LHIN (ML) (See Perks & Pluses on Back for Class Times) <sup>13</sup> <b>9:30-11:30 Shopping Outing: Westdale Mall</b> <b>2:00</b> Afternoon Neighborhood Stroll (ML) <b>3:00</b> Bingo (ML) <b>7:00</b> Euchre Club (ML) <b>7:00</b> Jumbo Puzzles (ML)	<b>9:00</b> Exercise with the LHIN (ML) <sup>14</sup> (See Perks & Pluses on Back for Class Times) <b>11:00-1:30 Chudleigh’s Farm Bus Trip (ML)</b> <b>2:30</b> Relaxing Music and Manicures (ML) <b>7:00</b> After Dinner Tea with Friends (ML)	<b>10:30</b> Brain Game Puzzle Package—Pick-up at Reception <sup>15</sup> <b>1:30 Zumba with Fernanda</b> <b>3:30</b> Weekly Hallway Walking group with CN Tower View (TFH) <b>6:30</b> Halloween Movie Night (ML) Hubie Halloween (Netflix) <b>7:00-9:30 Seniors at the Symphony Concert</b>
<b>10:30</b> Brain Game Puzzle Package—Pick-up at Reception <sup>16</sup> <b>10:30</b> Sunday Catholic Church Service (ML) <b>1:30</b> Adult Coloring Books (ML) <b>3:00</b> Meet a friend for Coffee or Tea (ML) <b>6:30</b> Movie with the letter ‘W’ (ML) — Wonder (Netflix)	<b>10:30</b> Exercise Class (IPAD)(ML) <sup>17</sup> <b>11:00</b> Tea for Two with Reanna <b>1:30</b> Make Your Own Trail Mix (ML) <b>2:00:</b> Wordle (ML) <b>3:00</b> Euchre Club (ML) <b>7:00</b> Group Crosswords with Sarah (ML)	<b>9:00</b> Exercise with the LHIN (ML) (See Perks & Pluses on Back for Class Times) <sup>18</sup> <b>2:00 Painting Class with Glynnis</b> <b>7:00</b> The Mystery of Marilyn Monroe: The Unheard Tapes (Netflix) (ML)	<b>10:00</b> Mindful Yoga (IPAD) (ML) <sup>19</sup> <b>12:00 Social Eats — Tim Hortons</b> <b>2:00</b> Moisturizing Paraffin Hand Bath (ML) <b>3:00</b> Silvia Gualtieri Meet & Greet —City of Mississauga Councilor for Ward 2 <b>7:00</b> After Dinner Tea with Friends (ML)	<b>9:00</b> Exercise with the LHIN (ML) (See Perks & Pluses on Back for Class Times) <sup>20</sup> <b>1:00-3:00 JBS Clothing Shop (ML)</b> <b>2:00</b> Afternoon Neighborhood Stroll (ML) <b>3:00</b> Bingo (ML) <b>700</b> Euchre Club (ML) <b>7:00</b> Jumbo Puzzles (ML)	<b>9:00</b> Exercise with the LHIN (ML) <sup>21</sup> (See Perks & Pluses on Back for Class Times) <b>2:00 John Timko Performance (ML)</b> <b>3:00</b> Tin Can Bean Bag Toss & Dart Board Competition (ML) <b>7:00</b> After Dinner Tea with Friends (ML)	<b>10:30</b> Brain Game Puzzle Package—Pick-up at Reception <sup>22</sup> <b>3:30</b> Weekly Hallway Walking group with CN Tower View (TFH) <b>6:30</b> Halloween Movie Night (ML) — Ghost Busters 2 (Netflix)
<b>10:30</b> Brain Game Puzzle Package—Pick-up at Reception <sup>23</sup> <b>10:30</b> Sunday Catholic Church Service (ML) <b>1:30</b> Adult Coloring Books (ML) <b>3:00</b> Meet a friend for Coffee or Tea (ML) <b>6:30</b> Movie with the letter ‘A’ (ML) — The Amazing Spiderman (Netflix)	<b>ELECTION DAY</b> <sup>24</sup> <b>9:00</b> Election Polls (ML) <b>10:30</b> Mindful Yoga (IPAD)(ML) <b>11:00</b> Tea for Two with Reanna <b>1:30</b> Card Making Club (ML) <b>3:00</b> Euchre Club (ML) <b>3:00</b> Jumbo Puzzles <b>7:00</b> Group Crosswords with Sarah (ML)	<b>9:00</b> Exercise with the LHIN (ML) (See Perks & Pluses on Back for Class Times) <sup>25</sup> <b>2:00 Wine &amp; Cheese Social with Live Music by Bernice Goping (ML)</b> <b>7:00</b> Kitty Love, An Homage to Cats (Netflix) (ML)	<b>NATIONAL PUMPKIN DAY</b> <sup>26</sup> <b>10:00</b> Move to the Beat Drum Fitness (IPAD) (ML) <b>1:30</b> Culinary Meeting (ML) <b>2:00</b> Sweet Treat Pumpkin Social (ML) <b>3:00</b> Book Club (TN) <b>7:00</b> After Dinner Tea with Friends (ML)	<b>9:00</b> Exercise with the LHIN (ML) <sup>27</sup> (See Perks & Pluses on Back for Class Times) <b>2:00</b> Town Hall (ML) <b>2:30</b> Special Big Prize Bingo (ML) <b>7:00</b> Euchre Club (ML) <b>7:00</b> Jumbo Puzzles (ML)	<b>9:00</b> Exercise with the LHIN (ML) <sup>28</sup> (See Perks & Pluses on Back for Class Times) <b>9:30-11:30 Shopping Outing: South Common Mall</b> <b>2:00</b> Wordle (IPAD) (ML) <b>3:00</b> Relaxing Music and Manicures (ML) <b>7:00</b> After Dinner Tea with Friends (ML)	<sup>29</sup>
<b>10:30</b> Brain Game Puzzle Package—Pick-up at Reception <sup>30</sup> <b>10:30</b> Sunday Catholic Church Service (ML) <b>1:30</b> Adult Coloring Books (ML) <b>3:00</b> Meet a friend for Coffee or Tea (ML) <b>6:30</b> Movie with the letter ‘B’ (ML) — Blended (Netflix)	<b>HALLOWEEN— Costume Day!</b> <sup>31</sup> <b>10:30</b> Exercise Class (IPAD)(ML) <b>11:00</b> Tea for Two with Reanna <b>2:00:</b> Wordle (ML) <b>3:00</b> Euchre Club (ML) <b>3:00</b> Hallway Bowling (ML) <b>7:00</b> Group Crosswords with Sarah (ML)		After Dinner Tea with Friends on Wednesday and Friday at 7:00pm. Instead of having your tea in the Dining Room, come down to the Main Lounge to gather with a group of friends for tea & biscuits!	<b>ML: Main Lounge</b> <b>TN: The Nook</b>  Events in <b>Red:</b> Open to Public  <b>DR: Dining Room</b> <b>JW: Jokers Wild</b>  Events in <b>Purple:</b> Sign Up  <b>SL: Skyview Lounge</b> <b>TFH: Third Floor Hallway</b>		