

LIVING WELL PERKS & PLUSES - OCTOBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Hairdressing HS Appts start at 9:00am	1 Hairdressing HS Appts start at 9:00am
Hairdressing HS Appts start at 9:00am	5	6 Hairdressing HS Appts start at 9:00am	7 Hairdressing HS Appts start at 9:00am	8 Hairdressing HS Appts start at 9:00am
Thanksgiving	12 Hairdressing HS Appts start at 9:00am	13 Hairdressing HS Appts start at 9:00am	14 Hairdressing HS Appts start at 9:00am	15 Hairdressing HS Appts start at 9:00am
Hairdressing HS Appts start at 9:00am	19 Visiting Library	20 Hairdressing HS Appts start at 9:00am	21 Hairdressing HS Appts start at 9:00am	22 Hairdressing HS Appts start at 9:00am
Hairdressing HS Appts start at 9:00am	26	27 Hairdressing HS Appts start at 9:00am	28 Hairdressing HS Appts start at 9:00am	29 Hairdressing HS Appts start at 9:00am
				30

B: Bar SB: Small Boardroom SFT: Second Floor Therapy Room SFP: Second Floor Physio Room HS: Hair Salon
M: Multi Purpose Room W: Wellness Office TR: Treatment Room

HAPPY BIRTHDAY!

Verna Oliver—Oct 1 Katherine Fowler—Oct 3 Anne Fleerackers—Oct 4 Jack McCallum—Oct 7
Marion Thornton—Oct 7 Mary Jo King—Oct 9 Maureen Weir—Oct 12 Jack Ernst—Oct 12
Arnold Vandewiel—Oct 14 Lindsay Pursey—Oct 17 Miriam Shugart—Oct 19 Betty Dwyer—Oct 27
John DeHoog—Oct 30



OKTOBERFEST

TUESDAY, OCTOBER 6TH AT 3:00 P.M.

Oktoberfest is the world's largest folk festival held annually in Germany. Longworth is bringing a little culture and flavour with entertainment, and German inspired food and drinks! Raise a glass and be prepared to sing and dance!

"Autumn is a second spring when every leaf is a flower."
-Albert Camus

Julia Roberts Movie Festival Begins
Saturday, October 3rd

London Symphonia Concert
Saturday, October 3rd

Celine Dion Taking Chances World Tour
Sunday, October 4th

Oktoberfest
Tuesday, October 6th

Bus to Heeman's
Wednesday, October 7th

Olivia Newton John Concert
Sunday, October 11th

Thanksgiving Program
Friday, October 9th

Michael Buble Concert
Sunday, October 18th

DrumFIT
Tuesday, October 20th & 27th

Bus to Grand Bend & Pizza Lunch
Wednesday, October 21st

Elton John Concert
Sunday, October 25th

Creative Creations
Tuesday, October 27th

Trick or Treat and Have Something Sweet
Saturday, October 31st

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SOCIAL & RECREATIONAL ACTIVITIES - OCTOBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9:45 Sit & Tone M 10:15 Sit & Tone M 11:00 Trivia M 2:30 Ladderball M	World Smile Day 9:30 VON SMART Virtual Exercise Class M 9:30 Bus to Cherryhill Mall SU 3:00 Receive a Smile, Give a Smile PL/B	Activity Booklet Get your copy at the First Floor Sign-up Binder or Second Floor Elevator 2:00 Movie "Eat, Pray, Love" M 7:30 London Symphonia Lara St. John M
10:00 St. Andrew's Presbyterian Church Service M 2:00 Concert Series "Celine Dion Taking Chances World Tour" M	9:45 Sit & Tone M 10:15 Sit & Tone M 11:00 VON SMART Virtual Exercise Class M 2:00 Bingo M 3:15 Bingo M	3:00 Oktoberfest PL/B	9:30 Bus to Heeman's SU 10:00 Coffee Club B 11:00 VON SMART Virtual Exercise Class M 2:30 Doc Martin AJC 3:00 You're Not Going to Believe This M	9:45 Sit & Tone M 10:15 Sit & Tone M 11:00 Trivia M 2:30 Golf M	9:30 VON SMART Virtual Exercise Class M 9:30 Bus to Cherryhill Mall SU 2:30 Thanksgiving Program PL/B	Activity Booklet Get your copy at the First Floor Sign-up Binder or Second Floor Elevator 2:00 Movie "Larry Crowne" M
10:00 St. Peter's Evangelical Lutheran Church Service M 2:00 Concert Series "Olivia Newton John" M	Thanksgiving 2:00 Andre Rieu Concert Series "Live from Brazil"	9:45 Sit & Tone M 10:15 Sit & Tone M 10:45 Sit & Tone M 2:00 Bingo M 3:15 Bingo M	9:30 Bus to Cherryhill Mall SU 10:00 Coffee Club B 11:00 VON SMART Virtual Exercise Class M 2:30 Doc Martin AJC	9:45 Sit & Tone M 10:15 Sit & Tone M 11:00 Trivia M 2:30 Wii Bowling M	Dictionary Day 9:30 VON SMART Virtual Exercise Class M 9:30 Bus to Cherryhill Mall SU 3:00 Dictionary Day Program PL/B	Activity Booklet Get your copy at the First Floor Sign-up Binder or Second Floor Elevator 2:00 Movie "Pretty Woman" M
10:00 St. Andrew's Presbyterian Church Service M 2:00 Concert Series "Michael Buble" M	9:45 Sit & Tone M 10:15 Sit & Tone M 11:00 VON SMART Virtual Exercise Class M 2:00 Bingo M 3:15 Bingo M	2:30 DrumFIT M 3:30 Book Club M	9:30 Bus to Grand Bend & Pizza Lunch SU 10:00 Coffee Club B 11:00 VON SMART Virtual Exercise Class M 2:30 Doc Martin AJC	9:45 Moving to Music M 10:15 Moving to Music M 11:00 Trivia M 2:30 Bean Bag Toss M	Talk Show Day 9:30 VON SMART Virtual Exercise Class M 9:30 Bus to Cherryhill Mall SU 3:00 Our Next Guest Is... PL/B	Activity Booklet Get your copy at the First Floor Sign-up Binder or Second Floor Elevator 2:00 Movie "August: Osage County" M
10:00 St. Peter's Evangelical Lutheran Church Service M 2:00 Concert Series "Elton John" M	9:45 Sit & Tone M 10:15 Sit & Tone M 11:00 VON SMART Virtual Exercise Class M 2:00 Bingo M 3:15 Bingo M	2:30 DrumFIT M 3:30 Creative Creations M	9:30 Bus to Cherryhill Mall SU 10:00 Coffee Club B 11:00 VON SMART Virtual Exercise Class M 2:30 Doc Martin AJC 3:00 Poetry with Gary M	9:45 Moving to Music M 10:15 Moving to Music M 11:00 Trivia M 3:00 Drive-Thru Birthday PL/B	9:30 VON SMART Virtual Exercise Class M	Activity Booklet Get your copy at the First Floor Sign-up Binder or Second Floor Elevator 2:00 Trick or Treat and Have Something Sweet PL/B 7:00 Movie "Hook" M

AJC: AJ Casson Sitting Room **AYJ:** A.Y. Jackson Sitting Room **B:** Bar **BR:** Board Room **C:** Chapel **CY:** Court Yard **D:** Dining Room **E:** Exercise Room
F: Family Dining Room **HR:** Hobby Room **JEH:** J.E.H Macdonald Sitting Room **LH:** Lawren Harris Sitting Room **L:** Library **LTC:** Long Term Care
M: Multi Purpose Room **O:** Outdoors **PL:** Piano Lounge **TBA:** To Be Announced **TT:** Tom Thomson Sitting Room **Events in Purple:** Sign Up **Events in Red:** Open to Public