Activities Program Calendar: OCTOBER 2026

Tuck Shop: Front Foyer — Weekly 11:30am

Hair Dresser: B — Thursdays (please sign up)

Exercise: (1/B) — Monday-Friday at 10:00am

Panorama News:(B) or 1st — Fridays at 3:30pm

Music with Craig: (1) — Saturday's at 11:15am

Latvian Centre Zoom — Thursday's at 1:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Legend: B = basement V = Various areas RA = Reading Area R = Riga Room 1 = 1st floor	1 National Homemade Cookie Day International Day of the Older Person 2:30 Making Cookies-K 6:30 Music Appreciation-1	2 NATIONAL DIVERSITY DAY 11:00 Morning Check In-1 2:00 Bingo w/Dace-1 2:15 Sorting w/Larisa-R 6:30 Black Jack w/Larisa-1	3 10:15 Ball Toss (V) 2:00 Hot Apple Cider Cart-V 6:30 Latvian Story Circle w/ Larisa-RA
4 10:15 1:1 Visits w/Paige-3 11:00 TV Church Service-B 2:15 Making B-day Cards-1 6:30 Sunday Evening TV	5 10:45 Eye Glass Cleaning-V 2:30 Fruit, Tea & Latvian News w/Dace-1 6:30 Bedside Activities – V	6 10:45 Latvian Sing-a-long-1 2:00 Reminiscing w/Anita-1 2:00 Horticulture Care-V 6:30 Chill out in the Garden	7 2:00 Afternoon Movie-1 2:30 Bday/Welcome Celebration w/Valdis & Irisa-1 6:30 Movie Night-1	8 WORLD SIGHT DAY 10:30 OUTING:Latvian Centre 2:30 Happy Hour w/Olga-1 6:30 Montessori Kits-1	9 11:00 Morning Check In-1 2:00 Bingo w/Larisa-1	10 WORLD MENTALHEALTH DAY 10:15 Latvian Reading Group w/Dace-1 2:15 Hand Spa-1 6:30 Thanksgiving Stories w/Olga-1
11 10:00 1:1 Visits w/Dace-1 11:00 TV Church Service-B 2:00 Church Service w/A&I Gaide-1 6:30 Sunday Evening TV-1	12 THANKSGIVING NO EXERCISE TODAY 10:45 Eye Glass Cleaning-V 2:30 Thanksgiving Day Social w/Larisa-1 6:30 Bedside Activities – V	13 10:45 Latvian Sing-a-long-1 2:00 Horticulture Care-V 2:30 Halloween Crafts & Decore-1 6:30 Chill out in the Garden	14 11:00 Hand Massages-1 2:15 Opening of our in house Exhibition-1 6:30 Movie Night-1	15 10:45 Morning TV 2:30 Men's Group-1 6:30 Autumn Trivia w/Olga-RA	16 11:00 Morning Check In-1 2:00 Bingo w/Dace-1 6:30 Evening Visits-V	17 10:15 Bean Bag Toss-1 2:15 Halloween Colouring-1 6:30 Movie Night-1
18 2:15 Movie-1 6:30 Sunday Evening TV-1	19 10:45 Eye Glass Cleaning-V 2:30 Fruit, Tea & Latvian News w/Dace-1 6:30 Bedside Activity-1	20 10:45 Latvian Sing-a-long-1 2:00 Reminiscing w/Anita-1 6:30 Chill out in the Garden	21 11:00 Mobile Manicures-1 2:00 Horticulture Care-V 2:15 Residents'Council-1 6:30 Movie Night-1	22 10:45 Morning TV 2:30 Women's Tea Club-1 6:30 Halloween Spooky Stories w/Refreshments w/Larisa-1	23 11:00 Morning Check In-1 2:00 Bingo w/Larisa-1	24 10:15 Latvian Reading Group w/Dace-RA 2:00 Audits w/Simrut-V 2:00 Afternoon at the Opera-1 6:30 Chip/Dip & ChitChat w/Olga-1
25 10:00 1:1 Visits w/Dace-1 10:30 Ball toss w/Larisa-2/3 2:15 Sunday Afternoon Stretches-1 6:30 Sunday Evening TV-1	26 10:45 Eye Glass Cleaning-V 2:30 Fruit, Tea & Toronto Star w/Larisa-1 6:30 Bedside Activities – V	27 10:45 Latvian Sing-a-long-1 2:00 Horticulture Care-V 2:30 Halloween Trivia w/Dace-1 6:30 Chill out in the Garden	28 NO EXERCISE TODAY 10:00 Pumpkin Decorating Contest-1 2:15 Hand Massages-V 6:30 Movie Night-1	29 2:00 Make your own Costume Craft-1 6:30 Halloween Cookie Decorating w/Olga-K	30 DRESS UP DAY 2:00 Bingo w/Dace-1 6:30 Halloween Movie-1	31 HALLOWEEN 10:00 Trick or Treat Card Delivery 2:15 Halloween Social-1 6:30 Scary Movie-1

What's New in Programs?

National Homemade Cookie Day is on October 1st, make some homemade cookies in the afternoon with our programs staff.

International Day of the Older Person is observed annually on October 1st to recognize the contributions of older individuals and to highlight issues affecting them. This day promotes awareness about the importance of ensuring that people can grow old with dignity and purpose.

Every October 10, people around the world observe World ***Mental Health Day*** to raise awareness of the stigmas surrounding mental illness and the importance of promoting mental health.

Thanksgiving is celebrated as a means of giving thanks for family, friends, food, health and other positivity. Some families incorporate religion by giving thanks in prayer, but Thanksgiving is a federal holiday and celebrated nationwide.

Halloween is celebrated on October 31st. People dress up in costumes, go trick-or-treating for candy, carve pumpkins, and decorate their homes with spooky things like ghosts, skeletons, and witches. It started a long time ago with an old Celtic festival called Samhain, where people believed spirits came out at night. Later, it became known as Halloween. Today, it's mostly about having fun with costumes, candy, and scary decorations.

THIS MONTH'S OUTINGS:
Latvian Centre: Thurs 8th at 10:15am

New Student In Programs: Please welcome Odion to the Programs Department as an Activation Aide Student. He will be with us from September 21st to April 2027. We look forward to having him with us at KD.

Saying Goodbye: We would like to inform our residents and families that Paige will be leaving the Programs Department at Kristus Darzs. Her last day will be October 8, 2026. Paige has been a wonderful asset to our team and has made a positive impact since joining us. She will be greatly missed by our residents, families and colleagues. We wish Paige all the very best in her future endeavours and much success in her new journey.

KD October 2026

HAPPY BIRTHDAY

Stefano Cito
Amphone Louangkhoth
Caterina Mattucci
Maria Bagnoli
Phylli Smith
Zoia Popova
Salvatore Mortelliti

vārda dienas
LATVIAN NAME DAYS
Happy Name Day!
Anita – Oct 8
Nina – Oct 28

We welcome everyone who moved to KD

Rosalia D'Angelo
Caterina Mattucci
Julio Sanchez

In Memory of those we have lost..

Inese Jankovskis
Rest in Peace

EVENTS

Making Cookies: Tues 1st at 2:30pm-1
Music Appreciation w/Olga: Tues 1st at 6:30pm-1
Blackjack w/Larisa: Fri 2nd at 6:30pm-1
Hot Apple Cider Cart: Sun 3rd at 2:15pm-V
Reminiscing w/Anita: Tues 6th & 20th at 2pm-1
Bday/Welcome Celebration w/Valdis & Irisa: Wed 7th at 2:30pm-1
Music Therapy: Sat 10th at 2:30pm-1
Hand Spa: Sat 10th at 2:15pm-1
Thanksgiving Stories w/Olga: Sat 10th at 6:30pm-1
Church Service w/A&I Gaida: Sun 11th at 2:00pm-1
Thanksgiving Social w/Larisa: Mon 12th at 2:30pm-1
Halloween Crafts & Decore: Tues 13th at 2:30pm-1
Opening of our Exhibition: Wed 14th at 2:15pm-Foyer
Men's Group: Thurs 15th at 2:30pm-1
Autumn Trivia w/ Olga: Thurs 15th at 6:30pm-1
Residents' Council: Wed 21st at 2:15pm-1
Women's Tea Club: Thurs 22nd at 2:30pm-1
Spooky Stories w/Refreshments w/Larisa: Thurs 22nd at 6:30pm-1
Board Game w/Music w/Larisa: Fri 23rd at 6:30pm-1
Afternoon at the Opera: Sat 24th at 2pm-1
Sunday Afternoon Stretches: Sun 25th at 2:15pm-1
Halloween Trivia w/Dace: Tues 27th at 2:30pm-1
Pumpkin Decorating Contest: Wed 28th at 10am
Make your own Costume craft: Thurs 29th at 2:00pm-1
Halloween Movie: Fri 30th at 6:30pm-1
Trick or Treat Card Delivery: Sat 31st at 10am-1
Halloween Day Social: Sat 31st at 2:15pm-1
Scary Movie: Sat 31st at 6:30pm-1