

October 2026 Poplar Heights Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Programs are subject to change.	Exercise calendars are posted in the Resident home area.	One to One visit happens when Recreation is present.	Poplar Heights Recreation Therapist is Lynsey Sendrowski	October 1	October 2 9:30 Snakes and Ladders 11:00 Tuck Cart 2:00 Bumper Ball	October 3
October 4	October 5 2:00 Bingo 5:00 Supper Program	October 6 10:00 Table Games 10:00 Bible Study 2:00 Word Games	October 7 9:30 Making Pierogies 2:00 Music with Sharla and Brian	October 8 9:30 Resident's Council and Food Committee 10:00 Colouring 1:30 Country Drive	October 9	October 10 8:00 Breakfast 10:30 Snoezelen Room Visits 1:30 Bowling
October 11 10:00 Hymn Sing 10:00 Discussion Group 2:00 Euchre	October 12	October 13 10:00 Bell Choir 2:00 United Church 2:00 One-to-One Visits	October 14 9:30 Simcoe Library Bus Trip 10:00 Yarn Ninjas 2:00 Bingo	October 15 10:00 Sing-along 10:30 Catholic Mass 2:00 Choir 2:00 Craft	October 16 9:30 Euchre 11:00 Tuck Cart 2:00 Happy Hour	October 17
October 18	October 19 9:30 Pumpkin Decorating 2:00 Bingo	October 20 10:00 Bumper Ball 1:15 Bowling Alley Bus Trip	October 21 9:30 Pumpkin Decorating 2:00 Word Games	October 22 10:00 Travelogue 2:00 Hymn Sing	October 23 9:00 to 11:00 Norview Cafe 2:00 Music with Debi	October 24
October 25	October 26 10:00 Pumpkin Voting 2:00 Bingo	October 27 9:30 Country Drive 2:00 Baptist Church	October 28 10:00 Postcards of the Past 1:30 Bell Choir 6:15 Movie Night	October 29 10:00 Art 2:00 Sing-along	October 30 11:00 Tuck Cart 2:00 Ladder Ball	