

Cold & Flu Season: Protect Yourself and Our Community

As colder weather arrives, so does cold and flu season. To help keep everyone healthy, we strongly recommend that all residents get their annual flu shot and stay up to date with their COVID-19 booster. These vaccines are the best way to reduce your risk of serious illness and help protect our whole community. If you start to feel unwell—whether it's a fever, cough, sore throat, or body aches—please stay in your suite and rest, and let our team know so we can support you and limit spread to others. Call the Front Desk to order meals to-go or room service (if applicable). Simple steps like frequent handwashing, covering coughs and sneezes, wearing a mask when leaving your suite, and avoiding the dining room when sick also go a long way in keeping Rotary Villas safe and healthy for everyone.

**Wear your
Halloween
costume on
Friday,
October 30**



HAPPY BIRTHDAY

October 1: Bernice Carlsen
October 3: Kenzie Gray
October 4: Elaine Rust
October 6: Kevin McPhail
October 12: Marg Howard
October 13: Dorothy Wakefield
October 15: Shirley Olson
October 15: Enid Lawrence
October 20: Marilyn Johnston
October 31: Terry Hillis

HAPPY Anniversary!

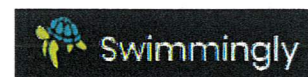
October 8: Ken & Kathy Knight



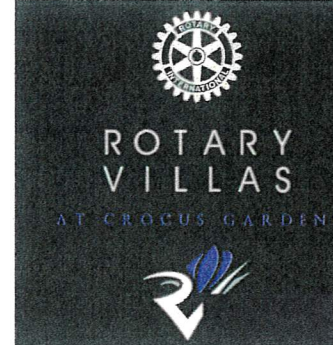
50 / 50

This month's 50/50 proceeds will be
donated to:

Swimmingly Manitoba



Get your tickets by the Bar on
Wednesdays 5 PM - 6 PM.



The Retirement Lifestyle You Deserve

October 2026

A Note from The Wellness Department

As October arrives, we have an opportunity to put some of the ideas and inspiration from September into action. Last month, we explored personal wellness and gratitude, learned about mindfulness, and discovered ways we can support our local food bank and community through volunteering.

This month, our focus is on engagement, connection, and fun. Wellness isn't only about taking care of ourselves—it's also about staying curious, spending time with others, and discovering activities that bring meaning and enjoyment to our lives.

October is a wonderful time to invite a friend to join you for an activity, explore a new interest, or bring an old favourite back into your routine. You never know what new experience—or new friendship—might come from it!

Our October calendar is filled with opportunities to get moving, learn, create, laugh and connect, along with special events and activities to celebrate the season.

Whatever October brings, we encourage you to get involved, enjoy the company of others, and make time for a little fun. Sometimes the best part of wellness is simply being engaged in life!

Hylin & Hannah



Please join us in warmly welcoming our new residents this month: Edie Evans, Al Mackay, Joan Yorke, Marsha Hardinge, Maureen Yates, Gwen Shelvey, Harry Morcom, and Ken & Myrna Tosh. We're delighted to have you as part of our community and look forward to getting to know each of you.

**Welcome—we're so glad
you're here!**

Tanis Low



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



October 2026

Multipurpose Room - M
Front Lawn - FL
Library - L
West Bldg Games Room - WGR

Common Room - C
Pergola - P
Workshop - W
Shuttle Bus - SB

Dining Room - DR
Solarium - S
Billiards Lounge - BL

Private Dining - PDR
Fireside Patio - FP
Bar - B

8:45 Church Shuttle - SB 2:00 Book Club - L 7:30 Youth Choir - C	4 Active Aging Week 9:30 Chair Dancing - M 10:00 Threads of Friendship (bring your project) - M 2:00 Resident Council - M 7:30 Whist - PDR	5 9:30 Exercises - M 10:00 Coffee with Jody - M 2:00 Shuffleboard - BL 3:30 Rotary Happy Hour - B 7:00 Two Up Dice - M 7:30 Cards - 500 - PDR	6 Wellness Wheel Day 9:30 Chair Yoga - M 10:00 Coffee and Read Aloud - C 11:00 Catholic Mass - M 2:00 Washer Toss - M 3:00 Hymn Sing - C 5:00-6:00 50/50 Draw - B 7:00 Word in Word - M	7 9:30 Dynabands - M 10:00-11:00 Coffee and Mindfulness with Karyn Rice - C 1:30 Anglican Service - L 2:00 Bingo - DR 7:00 Family Feud - M	8 9:30 Cardio Drumming - M 10:00 Coffee with Mayor Jeff Fawcett - C 10:30 Tea & Tales - L 1:45 Silver Sneakers Walking Club - C 2:30 Ice Cream - M	9 9:30-10:30 Humane Society Project - PDR 10:45 Chair Yoga - M 2:00 Entertainment by Until It's No Fun - DR 7:30 Canasta - PDR
11 8:45 Church Shuttle - SB 2:30 Worship & Devotional Service with Communion - C	12 <i>Happy Thanksgiving</i> 7:30 Cribbage - PDR	13 9:30 Exercises - M 10:00 Coffee with Lisa - C 2:00 Shuffleboard - BL 3:30 Rotary Happy Hour - B 7:30 Black Jack - WGR	14 Wellness Wheel Day 9:30 Stretching - M 10:00 Coffee and Read Aloud - C 2:00 Axe Throwing - M 3:00 Sing-Along - C 5:00-6:00 50/50 Draw - B 7:00 Floor Bowling - M	15 9:30 Dynabands - M 10:00-10:45 Coffee and Mindfulness with Karyn Rice - C 10:15 Bible Study - L 2:00 Bingo - DR 7:00 Guess the Decade Vehicle Edition - M	16 9:30 Cardio Drumming - M 10:00-10:45 Coffee with MP Grant Jackson - C 10:30 Tea & Tales - L 1:45 Silver Sneakers Walking Club - C 2:30 Ice Cream Sundaes - M	17 10:00 Chair Dancing - M 10:30 Coffee with Hannah 2:00 Entertainment by Longshot - DR 7:30 Canasta - PDR
18 8:45 Church Shuttle - SB 10:30 Prairie Therapy Dog Visit - C 7:30 Interdenominational Service (COP) - C	19 9:30 Chair Dancing - M 10:00 Threads of Friendship (bring your project) - M 7:30 Whist - PDR	20 9:30 Exercises - M 10:00 Coffee with Cory - M 2:00 Shuffleboard - BL 3:30 Rotary Happy Hour - B 7:00 Floor Pong - M 7:30 Cards - 500 - PDR	21 Wellness Wheel Day 9:30 Chair Yoga - M 10:00 Coffee with Bdn E MLA Glen Simard 2:00 Christmas Card Making with Sarah Lamb 3:00 *Sing-Along Cancelled 5:00-6:00 50/50 Draw - B 7:00 The Price Is Right - M	22 9:30 Dynabands - M 10:00 Coffee and Tunes - C 2:00 Bingo - DR 4:30-6:30 Election Advance Poll - M 7:30 Entertainment by Three's Company - DR	23 9:30 Cardio Drumming - M 10:00 Fun Friday: Coffee, Scrabble, games, puzzles - C 10:30 Tea & Tales - L 1:45 Silver Sneakers Walking Club - C 2:30 Ice Cream Floats - M	24 9:30-10:30 Humane Society Project - PDR 2:00 Cards and Music - C 7:30 Canasta - PDR
25 8:45 Church Shuttle - SB 2:30 Worship & Devotional Service - C	26 9:30 Chair Dancing - M 10:00 Threads of Friendship (bring your project) - M 2:00 Meet and Greet - DR 7:30 Cribbage - PDR	27 9:30 Exercises - M 10:00 Coffee with Tanis - C 2:00 Shuffleboard - BL 3:30 Rotary Happy Hour - B 7:30 Black Jack - WGR	28 Wellness Wheel Day 9:30 Stretching - M 10:00 Coffee and Read Aloud - C 2:00 Halloween Baking - M 3:00 Sing-Along - C 5:00-6:00 50/50 Draw - B 7:00 Senior Paper Stories - M	29 Wear Halloween Colours 9:30 Dynabands - M 10:00 Coffee and Tunes - C 2:00 Halloween Bingo - DR 7:00 Movie: Hocus Pocus - M	30 Wear Halloween Costume 9:30 Cardio Drumming - M 10:00 Fun Friday: Coffee, Scrabble, games, puzzles - C 10:30 Tea & Tales - L 1:30-3:00 Halloween Party	31 10:00 Chair Dancing - M 2:00 Birthday Party Entertainment by Heartbreakers 2 HAPPY HALLOWEEN 7:30 Canasta - PDR