

October 2026 Activities Calendar for Shalom Village Apartments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Menu Week # 2		Location Legend Shalom Village Original- SVO Shalom Village Too- SVToo Movie Theatre – MT Goldies Place- GP Art Room – AR Links 2 Wellbeing - L2W	Location Legend Samuels- SAM Ruth Sherman Centre- RSC Visiting Residents-One on One Bubie's Cafe- BC Synagogue – SG Main Entrance- ME	1 Sukkot 10:00-2:00 Trishaw Rides (Sign up with Tracy x274) 10:45 Walkercise (SAM/L2W) 1:00 Giant Tiger/Dollarama 1:30 Hot Apple Cider in the Sukkah (SVO 1 st Floor Lounge)	2 Sukkot 1:00 Farm Boy 	3 Quiet Day Shemini Atzeret 10:00 Shemini Atzeret and Yizkor Service (Synagogue)
4 Quiet Day Simchat Torah 10:00 Simchat Torah Service (Synagogue) 11:00 Dancing with Torah Menu Week # 3	5 10:30 Indoor Walking Group (SVToo 4 th Floor/L2W) 10:30 Banks 1:00 Lens Mills **2:00 Afternoon Music with Paula French (Samuels)**	6 10:00 Parsha Discussion (SG) 1:00 Food Basics 1:00 – 1:30 Bookmobile (Front Parking Lot) ** 7:00 Karaoke Night with Tom Cowles (MT) **	7 Footcare 10:30 Knit and Chat (SVToo 3 rd Floor Lounge) 1:00 Tile Rummy (Outside the Corner Store/L2W) 3:00 Senior Scholars (MT) 6:30 Power of Positive Speech with Balabusta (Synagogue)	8 10:00-2:00 Trishaw Rides (Sign up with Tracy x274) 10:45 Walkercise (SAM/L2W) 1:00 University Plaza 2:30 Oscar the Dog Visit (SVO 1 st Floor Lounge)	9 10:30 Hamilton Farmer's Market 1:00 Walmart 2:00 Painting Class (Art Room/L2W)	10 1:30 SKIP-BO Card Game Outside Rabbi's Office
11 1:00 Challah Baking with Balabusta (FDR) 2:00 Non-denominational Church Service (Goldies) Menu Week # 1	12 Thanksgiving Day Please Note: No Housekeeping Due to the Stat Holiday	13 10:30 Food Basics 11:00 Tile Rummy (Outside the Corner Store/L2W) 11:30 Apartments Food Committee (RSC) 1:00 McMaster Planetarium	14 10:30 No Frills 1:00 Music with Cantor Paula (SVO 1st Floor Lounge) 1:00 Burlington Mall 3:00 Senior Scholars (MT) 6:30 Power of Positive Speech with Balabusta (Synagogue)	15 10:00-2:00 Trishaw Rides (Sign up with Tracy x274) 10:45 Walkercise (SAM/L2W) 1:00 Winners/HomeSense 2:00 Open Painting Class (Art Room)	16 10:30 One on One Visits 1:00 Walmart 1:30 Movie Afternoon (Movie Theatre)	17 10:30 Shabbat Service & Kiddush Lunch (Synagogue/Goldies) 1:30 SKIP-BO Card Game Outside Rabbi's Office
18 Menu Week # 2	19 Footcare 10:30 Denningers 10:30 Indoor Walking Group (SVToo 4 th Floor/L2W) 1:00 Fortino's Main West 3:00 Apartment Resident Townhall (RSC)	20 10:00 Parsha Discussion (SG) 10:30 No Frills 1:00 Michaels Craft Store 1:00 Appleby Pharmacy (MT) 2:00 Bingo (Art Room) **7:00 Pub Night with Synchronicity Duo (Bubie's)**	21 10:30 One on one Visits 10:30 Day of Learning 3:00 Senior Scholars (MT) 6:30 Power of Positive Speech with Balabusta (Synagogue)	22 10:00-2:00 Trishaw Rides (Sign up with Tracy x274) 10:45 Walkercise (SAM/L2W) 1:00 University Plaza 2:30 Oscar the Dog Visit (SVO 1 st Floor Lounge)	23 11:00 Tile Rummy (Outside the Corner Store/L2W) 1:00 Walmart 2:00 Painting Class (Art Room/L2W) 3:00 Pre-Shabbat Service with Rabbi Beni (Synagogue)	24 1:30 SKIP-BO Card Game Outside Rabbi's Office
25 1:00 Jewish Music with Balabusta (Movie Theatre) Menu Week # 3	26 10:30 Indoor Walking Group (SVToo 4 th Floor/L2W) 10:30 Tim Hortons/Cruise 1:00 Casino 1:30 McMaster Health Talk (Movie Theatre)	27 10:00 Parsha Discussion (SG) 10:30 Knit and Chat (SVToo 3rd Floor Lounge) 1:00 Food Basics 2:00 Bingo (Art Room)	28 1:00 45 th Ladies Auxiliary Tea (Goldies Place)  6:30 Power of Positive Speech with Balabusta (Synagogue)	29 Flu/Covid Vaccine Clinic (Family Dining Room) 10:00-2:00 Trishaw Rides (Sign up with Tracy x274) 10:45 Walkercise (SAM/L2W) 1:00 University Plaza 3:00 Senior Scholars (MT)	30 10:30 Fortino's Dundurn 1:00 Walmart 2:00 Wine Social (SVToo 3 rd Floor Lounge) 3:00 Pre-Shabbat Service with Cantor Paula (Synagogue)	31 1:30 SKIP-BO Card Game Outside Rabbi's Office

*We extend our heartfelt thanks to **Sandra Witelson** for her generous support of our Assisted Living Recreation Programs*



October 2026 Activities Calendar for Shalom Village Apartments

Nurse Cindy's "In Office" Calendar

October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

October Health Talks

Senior Scholars

**Evidence-Based Health Education for you
by Future Doctors**

Wednesday October 7th at 3:00 pm (Movie Theatre)

Topic: Memory, Mood, and Mental Health

What's normal, what's not, and when to act

Wednesday October 14th at 3:00 pm (Movie Theatre)

Topic: A Simple Guide to Understanding Cancer

Wednesday October 21st at 3:00 pm (Movie Theatre)

Topic: Hearing Loss... Is it Normal?

Thursday October 29th at 3:00 pm (Movie Theatre)

Topic: Diabetes, Metabolism, and Obesity

Small changes. Big impact.

McMaster Health Talks

Bites and Insights

Monday October 26th at 1:30 pm

(SVO Basement Movie Theatre)

Topic: Miranda Green will be presenting a talk entitled *"Tending your Inner Garden: the Gut Microbiome and Healthy Aging"*

Announcements



Footcare

October 7th & 19th

**To set up your appointment
please call Tracy X274**

Apartment Resident Townhall

Monday October 19th

3:00 pm

SVToo 4th Floor

Ruth Sherman Centre



Leaves ARE
Falling
AUTUMN
IS Calling



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