

If you have any questions please reach out to your
Annandale Heights Rec Team
Leah or Nisha

Please note programs may change at times. See
Recreation board for any cancellations.

October 2026

ANNANDALE HEIGHTS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 HAPPY HALLOWEEN				Julie Andrews' Birthday 1 10:00 Pet Visits with Blu 2:00 Bingo 4:00 Pumpkin Spiced Mousse - National Pumpkin Spice Day 6:15 Virtual Concert/Julie Andrews	9:15 Pump it UP- AHDR 2 10:30 Meet and Greet with Dee Tosto-town council candidate 11:30 1:1 Visits 2:00 Balloon Toss 3:15 Connect Four 6:15 Hymn Sing	9:30 Manicures/Hand Massage 3 10:45 Shuffleboard 2:00 Dance Party 3:15 Clay Turkeys
9:45 Virtual Tour - Zoo 4 10:45 Chair Yoga -Chapel 2:00 Church Service on TV 3:30 Helping Hands	9:15 Pump it UP- AHDR 5 2:00 Bingo 4:00 Balloon Badminton 6:15 Leaf Rubbings	2:00 Entertainment with Traci Kennedy 6 3:15 Tai Chi and Aromatherapy 4:15 Colouring Group 6:15 Alphabet game	9:15 Pump it UP- AHDR 7 9:45 Guess the word 10:45 Fact or Fiction? 2:00 Horseracing 3:30 1:1 Visits	10:00 Pet Visits with Blu 8 10:45 Cranberry Cookies 2:00 Entertainment with the Melody Makers 3:15 Zumba	9:15 Pump it UP- AHDR 9 9:45 Balloon Badminton 10:45 Thanksgiving Traditions 2:00 Thanksgiving craft- Grateful Tree 3:30 Thanksgiving Trivia	1:00 Music on the balcony 10 2:00 1:1 Visits 3:15 Shuffleboard 6:00 Pass the Ball : Stop the Music
1:00 1:1 Visits 11 2:00 Church Service with Eden Baptist 6:15 Hymn Sing	Happy Birthday Joan Thanksgiving Monday 12 9:15 Pump it UP- AHDR 10:45 Cards - AHL 2:00 Bingo 3:30 Colouring Group	Happy Birthday Cynthia 13 9:45 Sing along to 50's songs 10:45 Resident Council 2:00 Horse Racing Game 3:15 Tai Chi and Aromatherapy	9:15 Pump it UP- AHDR 14 9:30 1:1 Visits RR 10:00 Celebrity Review 11:00 Chair Yoga 1:00 Manicures/Hand Massage 2:00 Autumn Phrases 3:00 Karaoke 6:15 Farmland Documentary	10:00 Voting for Municipal Election 10-12 today 15 10:00 Pet Visits with Blu 1:00 Tai Chi and Aromatherapy 2:00 Bingo 3:15 1:1 Visits 6:15 Singalong	9:15 Pump it UP- AHDR 16 9:30 Catholic Communion 1:00 Balloon Toss 3:15 1:1 Visits 4:00 1:1 Visits/Outdoor Walk 6:15 Tillsonburg History	9:30 Manicures/Hand Massage 17 10:45 Autumn Art 2:00 Sing along 3:15 Zumba
9:45 Virtual Tour 18 10:45 Chair Yoga -Chapel 2:00 Church Service with Oxford Reform Church 3:15 Helping Hands	9:15 Pump it UP- AHDR 19 1:30 1:1 Visits 2:00 Bingo 3:15 Name that Sound/Tune 4:15 Ball Toss 6:15 Music on the Balcony	Happy Birthday Glen 20 1:15 Balloon Badminton 2:00 Birthday Party with George Fulop- Cafe 3:15 Tai Chi and Aromatherapy 4:15 Jokes and Riddles 6:15 Book Club	9:15 Pump it UP- AHDR 21 10:00 Fact or Fiction? 2:00 Reminiscing/All about...current events 3:30 1:1 Visits	9:45 Ball Toss 22 10:00 Pet Visits with Blu 10:45 Trivia / Discussion Group 2:00 Bingo 3:45 Poetry Club	9:15 Pump it UP- AHDR 23 9:45 Bowling 10:45 Hangman 2:00 Snacks & A Movie - Casper 3:30 Devotional & Hymns	1:15 1:1 Visits 24 2:00 Pass the Ball : Stop the Music 3:00 Halloween Dice Game 4:00 Hand Massages 6:30 Jeopardy
1:00 Games (cards / board) 25 2:00 Church Service with New Hope - Chapel 3:00 Colouring Group 4:30 1:1 Visits 6:15 Devotional/Bible Study/ hymn songs	9:15 Pump it UP- AHDR 26 9:30 Short Stories 10:45 Horse Racing Game 2:00 Bingo 3:30 1:1 Visits	9:30 Sun and Stretch 27 10:45 Mexican Train 2:00 Packaging Candy for Trick or Treating 3:15 Tai Chi and Aromatherapy 6:15 Paint Night - Cafe	9:00 1:1 Visits RR 28 9:15 Pump it UP- AHDR 10:00 Celebrity Review 11:30 Farmland Documentary 1:15 Active Games/ horseraces 3:00 Manicures/ hand rubs 4:00 Singalong 6:15 Beach Ball Volleyball	9:30 Manicures 29 10:00 Pet Visits with Blu 1:00 Favourite Songs 3:00 Catholic Mass-Anointing of the sick 3:30 Balloon Badminton	9:15 Pump it UP- AHDR 30 2:00 Pumpkin Carving in the Chapel	9:45 Connect Four 31 10:30 Halloween Parade 2:00 Halloween Party with Jeff Mitchell 3:30 Halloween Trivia 5:30 Handing out candy at front door