



# SC October 2025

## Luther Village on the Park



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

During the month of October, The Village brings attention to Respiratory Health, Thanksgiving Oktoberfest, and Halloween!

Please make note of the Theme Events and Check out the Display Board by the Sunshine Café.



Questions or Ideas?  
Sunshine Activities Coordinator  
Jackie Roedding  
jroedding@luthervillage.org  
519-783-3712 x 2032

9:30 Indoor Walking Group (SC-1) **1**  
10:00 Drumming for Fitness (GH)  
10:00 Outing: Martin's Family Fruit Farm and Lunch at Olde Heidelberg Restaurant (AE)  
10:30 Parkinson's Support (MPR)  
10:30 Hand Waxing & Relaxation (ML)  
2:00 Bingo (GH)  
3:30 Snack Cart (ML)  
3:30 -4:30PM - 1:1 Fitness (RS)  
5:00 1:1 Visits (RS)  
7:15 JAVA Music Group (ML)

**Guest Vendor: KMW Clothing 10am-3pm (G) 2**  
9:15 Outing: Conestoga Mall (AE)  
9:30 Balance & Strength for Fall Prevention (sign up at Front Desk) (Ch)  
10:30 Seated Exercise (GH)  
10:30 Balance & Strength for Fall Prevention (sign up at Front Desk) (Ch)  
1:30 Euchre Time! (ML)  
2:00 Baking and Eating Pumpkin Pie (Tasting at 3:30pm) (CK)  
3:30 -4:30PM - 1:1 Fitness (RS)  
5:00 1:1 Visits (RS)  
7:15 Evening Program: S'Mores on the Campfire (SCFP)

9:15 Outing: SC Fall Country Drive (SE) **3**  
10:30 1:1 Visits with Marg (RS)  
10:30 SMART Seated Exercise (GH)  
10:45 Singing Group (ML)  
11:15 Gentle Strength (FC)  
**2:30 Entertainment: Bob MacLean Folksinger/Guitarist (GH)**  
3:30 Snack Cart (ML)  
4:00 Drop-in Technology Help with Sunil (OMR)  
7:00 Movie Night: 'Downton Abbey' S6 E3 (GH)

Pick up Word Game Pack outside Activity Office **4**  
12:30 -2:00PM - 1:1 Fitness (RS)  
2:30 ACTIVE GAME: Bean Bag Toss (GH)  
7:00 Movie Night: "Ruth & Boaz" (2025) (GH)

10:15 Indoor Walking Group (SC-1) **5**  
2:30 Sunday Documentary: "Secrets of the Neanderthals" (2024) (GH)  
3:30 Snack Cart (ML)  
7:00 Worship Service (Ch)

**Guest Vendor: Seasonal Plant Sale with Sue (10:30-12) (A) 6**  
10:00 Old Time Music (ML)  
11:15 Gentle Strength (FC)  
1:30 Quilting Group (ML)  
2:00 SMART Seated Exercise (GH)  
3:00 JAVA Social (ML)  
3:00 Friendly Visitors Group (Previously JAVA Mentors) (G)  
7:00 Movie Night: "The Dig" (2021) (GH)

9:15 Outing: Food Basics Grocery Store (AE) **7**  
9:30 KW Moms and Babies Visit (ML)  
10:30 SMART Seated Exercise (GH)  
10:45 Outing: Zehr's/Dollarama (Beechwood) (AE)  
11:00 Dancing with Parkinson's (Ch)  
11:15 Therapy Dog Visit (SCA)  
1:00 Hearing Clinic (sign up at HC) (HC)  
1:30 1:1 visits with Marg and Linda (RS)  
1:30 Euchre (MPR)  
**2:00 Hymn Sing with Marilyn "Grateful Hearts" (Ch)**  
3:30 Snack Cart (ML)  
7:30 Twin City Harmonizers Rehearsal (GH)

9:15 Outing: Hockley Valley Drive & Lunch at Mrs. Mitchell's Restaurant (AE) **8**  
9:30 Indoor Walking Group (SC-1)  
9:30 KW Moms & Babies & Toddlers: Mini Pumpkin Decorating (MPR)  
10:00 Drumming for Fitness (GH)  
**10:15 Catholic Mass (Now at 10:15am) (Ch)**  
**2:30 Armchair Travel: Munich & the Foothills of the Alps (GH)**  
3:30 Snack Cart (ML)  
3:30 -4:30PM - 1:1 Fitness (RS)  
5:00 1:1 Visits (RS)  
7:15 JAVA Music Group (ML)

9:30 Outing: St. Jacobs Farmer's Market (AE) **9**  
10:30 Seated Zumba (GH)  
1:30 Euchre Time! (ML)  
**2:30 Emerging Ideas Presentation: Dig It, Buy It, Steal It: How Museums Build Their Collections (GH)**  
3:30 -4:30PM - 1:1 Fitness (RS)  
5:00 1:1 Visits (RS)  
7:15 Evening Program: Nail Painting & Crokinole (ML)

10:30 1:1 Visits with Marg (RS) **10**  
10:30 SMART Seated Exercise (Ch)  
11:15 Gentle Strength (FC)  
11:15 Outing: Laurier Music at Noon (Student Recital: Wind, Brass, Percussion) (AE)  
2:30 Jeopardy Trivia (ML)  
3:30 Snack Cart (ML)  
4:00 Drop-in Technology Help with Sunil (OMR)  
7:00 Movie Night: 'Downton Abbey' S6 E4 (GH)


Pick up Word Game Pack outside Activity Office **11**  
12:30 -2:00PM - 1:1 Fitness (RS)  
2:30 Bingo (GH)  
7:00 Movie Night: "Hamilton" (2020) (GH)



# SC October 2025

## Luther Village on the Park



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>10:15 Indoor Walking Group (SC-1) 12</b></p> <p>2:30 Sunday Documentary: "A Trip to Infinity" (2022) (GH)</p> <p>3:30 Snack Cart (ML)</p> <p>7:00 Worship Service (Ch)</p>	<p><b>Thanksgiving Music At Lunch by Pianist Marilyn Reist 13</b></p> <p>10:00 Old Time Music (ML)</p> <p>1:30 Quilting Group (ML)</p> <p>3:30 Sunshine Social Hour and Sing Along (ML)</p> <p>7:00 Movie Night: "Planes, Trains &amp; Automobiles" (1987) (GH)</p> 	<p><b>9:15 Outing: Food Basics Grocery Store (AE) 14</b></p> <p>10:30 SMART Seated Exercise (GH)</p> <p>10:45 Outing: Herrle's Country Farm Market (AE)</p> <p>11:00 Dancing with Parkinson's (Ch)</p> <p>11:15 Therapy Dog Visit (SCA)</p> <p><b>1:00 Guest Treat Vendor: Misha's Bakehouse: Pizzellas cookies, nuts and fudge (A)</b></p> <p>1:30 1:1 visits with Marg and Linda (RS)</p> <p>1:30 Euchre (MPR)</p> <p><b>2:30 Entertainment: Oktoberfest Sing Along with Rich Hubick (GH)</b></p> <p>3:30 Snack Cart (ML)</p> <p>7:30 Twin City Harmonizers Rehearsal (GH)</p>	<p><b>Return WPL Books to Activities Office 15</b></p> <p>9:15 Outing: Barn Quilt Tour and Lunch at Jordan's Diner (AE)</p> <p>9:30 Indoor Walking Group (SC-1)</p> <p>10:00 Drumming for Fitness (GH)</p> <p>10:30 Parkinson's Support (MPR)</p> <p>10:30 Hand Waxing &amp; Relaxation (ML)</p> <p>2:00 Bingo (GH)</p> <p><b>3:00 Mindfulness and Relaxation with Andrea (Ch)</b></p> <p>3:30 Snack Cart (ML)</p> <p>3:30 -4:30PM - 1:1 Fitness (RS)</p> <p>5:00 1:1 Visits (RS)</p> <p>7:15 JAVA Music Group (ML)</p>	<p><b>WPL Library Exchange 16</b></p> <p>9:30 Outing: Fairview Mall (AE)</p> <p>9:30 Balance &amp; Strength for Fall Prevention (sign up at Front Desk) (Ch)</p> <p>10:30 Seated Exercise (GH)</p> <p>1:30 Euchre Time! (ML)</p> <p><b>2:30 Guest Speaker Waterloo Regional Police: Frauds and Scams Presentation (Ch)</b></p> <p>3:30 -4:30PM - 1:1 Fitness (RS)</p> <p>5:00 1:1 Visits (RS)</p> <p><b>7:00 Oktoberfest with the Transylvania Hofbrau Band (GH)</b></p>	<p><b>10:30 1:1 Visits with Marg (RS) 17</b></p> <p>10:30 SMART Seated Exercise (GH)</p> <p>10:30 Expanding the Circle (WEL)</p> <p>10:45 Singing Group (ML)</p> <p>11:15 Gentle Strength (FC)</p> <p>11:15 Outing: Lunch at Mandarin Restaurant (AE)</p> <p><b>2:30 Concert: Weaver &amp; Mathies Piano/Violin Duet (Ch)</b></p> <p>3:30 Snack Cart (ML)</p> <p>4:00 Drop-in Technology Help with Sunil (OMR)</p> <p>7:00 Movie Night: 'Downton Abbey' S6 E5 (GH)</p>	<p>Pick up Word Game 18</p> <p>Pack outside Activity Office</p> <p>12:30 -2:00PM - 1:1 Fitness (RS)</p> <p>2:30 ACTIVE GAME: Ladder Ball (GH)</p> <p>7:00 Movie Night: "Butch Cassidy and the Sundance Kid" (1969) (GH)</p>
<p><b>10:15 Indoor Walking Group (SC-1) 19</b></p> <p>2:30 Sunday Documentary: "Mysteries of the Terracotta Warriors" (2024) (GH)</p> <p>3:30 Snack Cart (ML)</p> <p>7:00 Worship Service (Ch)</p>	<p><b>10:00 Old Time Music (ML) 20</b></p> <p>11:15 Gentle Strength (FC)</p> <p>1:30 Quilting Group (ML)</p> <p>2:00 SMART Seated Exercise (GH)</p> <p><b>2:00 Guest Speaker: Crystal Quast, author of The Serenity Acres Series (Ch)</b></p> <p>3:00 JAVA Social (ML)</p> <p>7:00 Movie Night: "Walk. Ride. Rodeo" (2019) (GH)</p>	<p><b>9:15 Outing: Food Basics Grocery Store (AE) 21</b></p> <p>9:30 KW Moms &amp; Babies Visit: Pumpkin Pie Sensory (G)</p> <p>10:30 SMART Seated Exercise (GH)</p> <p>10:45 Outing: Zehr's (Glenridge) (AE)</p> <p>11:00 Dancing with Parkinson's (Ch)</p> <p>11:15 Therapy Dog Visit (SCA)</p> <p>1:30 1:1 visits with Marg and Linda (RS)</p> <p>1:30 Euchre (MPR)</p> <p><b>2:00 Wellness Presentation: Air Quality &amp; Health Impacts (GH)</b></p> <p><b>3:00 Guest Treat Vendor: Sweet n' Savoury Pie Company (A)</b></p> <p>3:30 Snack Cart (ML)</p> <p>7:30 Twin City Harmonizers Rehearsal (GH)</p>	<p><b>9:15 Outing: McMichael Canadian Art Collection (Lunch On-Site) (AE) 22</b></p> <p>9:30 Indoor Walking Group (SC-1)</p> <p>9:30 KW Moms Babies &amp; Toddlers Visit: Spooky Music Time (ML)</p> <p>10:00 Drumming for Fitness (GH)</p> <p><b>10:00 Larry's Travel Adventures: Vietnam &amp; Cambodia Pt. 2 (G)</b></p> <p><b>2:30 New Resident Meet n' Greet (ML)</b></p> <p>3:30 Snack Cart (ML)</p> <p>3:30 -4:30PM - 1:1 Fitness (RS)</p> <p>5:00 1:1 Visits (RS)</p> <p>7:15 JAVA Music Group (ML)</p>	<p><b>9:30 Outing: Value Village (Boardwalk) (AE) 23</b></p> <p>9:30 Balance &amp; Strength for Fall Prevention (sign up at Front Desk) (Ch)</p> <p>10:30 Seated Zumba (GH)</p> <p>1:30 Euchre Time! (ML)</p> <p>2:30 Word Games (ML)</p> <p>3:30 -4:30PM - 1:1 Fitness (RS)</p> <p><b>3:30 Entertainment: Sheryl Walsh (Singer) (Ch)</b></p> <p>5:00 1:1 Visits (RS)</p> <p>7:15 Evening Program: Axe Throwing (GH)</p>	<p><b>Guest Vendor: Traditions Alive Clothing &amp; Accessories 10am-2pm (G) 24</b></p> <p>9:15 Outing: Snyder's Pumpkin Farm - Morning Coffee and Baked Goods (AE)</p> <p>10:30 1:1 Visits with Marg (RS)</p> <p>10:30 SMART Seated Exercise (GH)</p> <p>10:30 Expanding the Circle (WEL)</p> <p>10:45 Singing Group (ML)</p> <p>11:15 Gentle Strength (FC)</p> <p><b>2:30 Movie &amp; Popcorn: The Third Man (1949) (GH)</b></p> <p>3:30 Snack Cart (ML)</p> <p>4:00 Drop-in Technology Help with Sunil (OMR)</p> <p>7:00 Movie Night: 'Downton Abbey' S6 E6 (GH)</p>	<p>Pick up Word Game 25</p> <p>Pack outside Activity Office</p> <p>12:30 -2:00PM - 1:1 Fitness (RS)</p> <p>2:30 Bingo (GH)</p> <p>7:00 Movie Night: "We Have a Ghost" (2023) (GH)</p>



# SC October 2025

## Luther Village on the Park



### Sunday

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

### Saturday

**10:15 Indoor Walking Group (SC-1) 26**  
**2:30 Sunday Documentary: "Kangaroo Valley" (2022) (GH)**  
**3:30 Snack Cart (ML)**  
**4:30 -7:00pm Wine Night Dinner Service (SCDR)**  
**7:00 Worship Service (Ch)**

**10:00 Old Time Music (ML) 27**  
**11:15 Gentle Strength (FC)**  
**1:30 Quilting Group (ML)**  
**2:00 SMART Seated Exercise (GH)**  
**3:00 Friendly Visitors Group (Previously JAVA Mentors) (G)**  
**3:00 Drumming Circle (Ch)**  
**3:30 Sunshine Social Hour and Sing Along (ML)**  
**7:00 Movie Night: "Because of Winn-Dixie" (2005) (GH)**

**9:15 Outing: Food Basics Grocery Store (AE) 28**  
**10:30 SMART Seated Exercise (GH)**  
**10:45 Outing: Sobey's (Bridgeport) (AE)**  
**11:00 Dancing with Parkinson's (Ch)**  
**11:15 Therapy Dog Visit (SCA)**  
**1:30 1:1 visits with Marg and Linda (RS)**  
**1:30 Euchre (MPR)**  
**2:30 Pumpkin Carving (GH)**  
**3:30 Snack Cart (ML)**  
**7:30 Twin City Harmonizers Rehearsal (GH)**

**9:15 Outing: Brunch at Harvest Moon (St. Jacobs) & Elora "Monster Month" Walk (AE) 29**  
**9:30 Indoor Walking Group (SC-1)**  
**10:00 Drumming for Fitness (GH)**  
**10:30 Parkinson's Support (MPR)**  
**10:30 KW Moms Babies & Toddlers: Trick or Treat! Hand Out Candy (SAH)**  
**2:00 Bingo (GH)**  
**3:00 Mindfulness and Relaxation with Andrea (Ch)**  
**3:30 Snack Cart (ML)**  
**3:30 -4:30PM - 1:1 Fitness (RS)**  
**5:00 1:1 Visits (RS)**  
**7:15 JAVA Music Group (ML)**

**9:15 Outing: Conestoga Mall (AE) 30**  
**9:30 Balance & Strength for Fall Prevention (sign up at Front Desk) (Ch)**  
**10:30 Seated Exercise (Ch)**  
**1:30 Euchre Time! (ML)**  
**2:30 Creative Art Project - All abilities welcome! (MRL)**  
**3:30 -4:30PM - 1:1 Fitness (RS)**  
**5:00 1:1 Visits (RS)**  
**7:15 Evening Program: Evening Nightcap & Visit (CK)**

**9:15 Outing: Fall Country Drive (AE) 31**  
**10:30 1:1 Visits with Marg (RS)**  
**10:30 SMART Seated Exercise (GH)**  
**10:30 Expanding the Circle (WEL)**  
**10:45 Singing Group (ML)**  
**11:15 Gentle Strength (FC)**  
**2:30 Halloween Party with Entertainment by Jesse Webber (GH)**  
**3:30 Snack Cart (ML)**  
**4:00 Drop-in Technology Help with Sunil (OMR)**  
**7:00 Movie Night: 'Downton Abbey' S6 E7 (GH)**



Please sign up for **OUTINGS** at the Front Desk

Fitness Activities are marked in **GREEN**

Special Events are marked in **Bold**

Theme Events are marked in **RED**

#### Locations Legend

Great Hall (GH)  
Muskoka Lounge (ML)  
Resident Suite (RS)  
Atrium Entrance (AE)  
Chapel (Ch)  
SC 1st Floor Hall (SC-1)  
Fitness Centre (FC)  
Multipurpose Room (MPR)

Gallery (G)  
Outside Martin's Restaurant (OMR)  
Wellness Centre (WEL)  
SC Atrium (SCA)  
Atrium (A)  
Community Kitchen (CK)  
SC Front Patio (SCFP)

Sunshine Entrance (SE)  
Sunshine Health Centre (HC)  
Sunshine Centre Dining Room (SCDR)  
Sunshine/Atrium Hallways (SAH)  
Martin's Lounge (MRL)