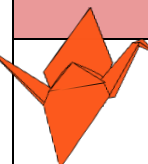




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 “Autumn is second spring when every leaf is a flower.” ~ Albert Camus			Happy Seniors Day 1 Breakfast Social SteadyFeet® PM Stories & Conversations Making Apple Cider	2 Breakfast Social SteadyFeet® PM Baking Show: Maple Cookies You Be the Judge 
5  Breakfast Social SteadyFeet® PM Music with Mac & Gloria Origami: Paper Folding	6 Breakfast Social SteadyFeet® PM Ping Pong Challenge Apple Cinnamon Oatmeal Cookies	7 Breakfast Social SteadyFeet® PM Count Your Buttons Day Yarn Weaving Craft 	8 Breakfast Social SteadyFeet® PM Minute to Win It Challenge Autumn Trivia	9 Breakfast Social SteadyFeet® PM Farmer Consumer Day Making Soft Pretzels
12  ADP Closed Statutory Holiday	13 Breakfast Social Oktoberfest Morning with S Bahn Duo PM Afternoon Stretch	14 Breakfast Social SteadyFeet®/Tai Chi PM Active Games Making Soft Pretzels	15 Breakfast Social SteadyFeet® PM Dictionary Day Spa Day	16 Breakfast Social SteadyFeet® PM Ukulele Filipino Strummers Table Games
19 Breakfast Social SteadyFeet® PM Baking Show: Apple Turnovers Table Games 	20 Breakfast Social SteadyFeet® PM Afternoon Bingo Stone Painting	21 Breakfast Social SteadyFeet® PM Matching Game Dice Game	22  Breakfast Social SteadyFeet® PM Saul's Music Story Circle	23 Breakfast Social SteadyFeet® PM Afternoon Bingo Sudoku Challenge
26 Breakfast Social SteadyFeet®/Tai Chi PM Brain Game Ring Toss Games	27 Breakfast Social SteadyFeet® PM Fall Active Games Pumpkin Decorating 	28 Breakfast Social SteadyFeet® PM Happy Group Singers Dominoes	29 Breakfast Social SteadyFeet® PM Table Bowling Halloween Craft	30 Breakfast Social SteadyFeet® PM Halloween Party Poppy Making 



WELCOME

Lily Y
Raymond Y
Lai
Kuldish
Gian
Jack
Shirley



October Birthdays

2nd ~ Cheuk Hon

5th ~ Yuet Sim

5th ~ Tu Anh

7th ~ Pat

12th ~ Raymond L

12th ~ Roma

25th ~ Danica

28th ~ Lisa

Mark Your Calendars

**ADP Closed Statutory
Holidays**

Monday,

October 12th, 2026

Thanksgiving Day



Honouring Our Seniors This October 1st

"Age brings something irreplaceable: the perspective that only comes from having actually lived."

On Thursday, October 1st, we join communities across the country in celebrating National Seniors Day. This special day is our opportunity to recognize and thank the remarkable older adults who make our community a vibrant, welcoming, and resilient place to live.

From the wisdom they share to the history they preserve, seniors are the foundation of our past and the guiding lights for our future. Whether as volunteers, mentors, neighbours, or family members, their lifelong contributions continue to enrich our daily lives in ways words cannot fully express.

To all the seniors in our community: thank you for the roots you have planted, the stories you tell, and the lasting legacy you build every single day. We owe you our deepest gratitude and a heartfelt salute.

Happy National Seniors Day!



September Moments



September has been a fun and busy month at Cedar Cottage Adult Day Program! Participants enjoyed making delicious spring rolls and mooncakes, joining the Terry Fox Walk, and taking part in creative crafting activities. It was a month filled with smiles, friendship, and wonderful memories.