

SALC PROGRAM CALENDAR: OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 3:30pm- DC Community Movers 10:30am - Depart for Rader’s Market (lunch / shopping)	2 9:30 – SL Fit & Friendly 11:00am Walking Club 1:30pm – SL Harvest Centre piece Workshop	3
4	5 3:30pm – DC: TRX Class	6 1:30pm – SL Refreshment & Snack Drop-in	7	8 10:30am - Depart for Food Basics (Strathroy) 3:30pm- DC Community Movers	9 9:30 – SL Fit & Friendly 11:00am – Depart for Aquafit at Stoneycreek YMCA	10
11	12 THANKSGIVING	13 1:00pm – GR Craft n Chat	14 11:00am – Depart for Aquafit (YMCA) 2:30pm – SL “Fun for All” Games & Activities	15 3:30pm – DC Community Movers 4:30pm – DC Group Dinner	16 9:30 – SL Fit & Friendly 10:30 - Thrifting	17
18	19 3:30pm - DC: TRX Class	20 2:00 – GR Cards & Company	21	22 10:30 – Downtown Strathroy 3:15pm – SL Sing-a-Long! 3:30pm – DC Community Movers	23 9:30 – SL Fit & Friendly 11:00am – SL OCTOBER FREEBIE: Healthy Aging (CCAA)	24
25	26 3:30pm – DC: TRX Class	27 11:45am – Depart for CraigActive	28 11:00am – Depart for Aquafit (YMCA) 2:30 – SL Presentation by MINT Memory Clinic	29 3:30pm – DC Community Movers 11:00am – SL Mind Your Words	30 9:30 – SL Fit & Friendly 11:00am – Walking Club	LOCATIONS: SL: South Lounge DC: Day Centre GR: Games Room

- Rader's Market** (Thursday, October 1)
Let's head out to Rader's in Zurich, known for their pre-made meals, baked goods, and giftware. If you are hungry, you can enjoy lunch there too!
- Walking Club** (Friday, October 2 & 30) - Join in for a casual walk in the Ailsa Craig area twice a month. Please meet at the exit by the South Lounge.
- Centrepiece Craft Workshop** Friday, October 2) - Led by fellow SALC member, June Wideman - make your own harvest-themed centrepiece!
- Snack & Refreshment Drop-in** (Tuesday, October 6) -
It's apple season! Drop by the South Lounge for a refreshing drink, healthy (ish) snacks and a little chit chat.
- Food Basics** (Thursday, October 8) - We will leave for Food Basics in Strathroy at 10:30am. Please meet at the exit by the South Lounge.
- Aquafit** (October 9, 14 & 28) - We will leave for Aquafit at Stoneycreek YMCA at 11am. Please meet at the exit by the South Lounge.
- Craft n Chat** (Tuesday, October 13)
Bring along your current project or start a new one! All kinds of crafters are welcome. If you are looking for inspiration or need supplies, please contact Andrea. Crafting activities could involve anything from crochet to adult colouring to card making.
- Fun for All Games & Activities*** (Wednesday, October 14)
Join in the fun, where we will participate in activities that engage all the senses ... almost. *Activities will be engaging for people with low vision.
- Group Dinner** (Thursday, October 15) - Meal will include turkey, mashed potatoes, seasonal vegetables and dessert. Come hungry!
- Thrifting!** (Friday, October 16) - We will venture out to take advantage of the deals at several thrift stores in London.
- Cards & Company** (Tuesday, October 20)
“Cards & Company” is a monthly social gathering where participants can relax, connect, and enjoy a variety of card games and board games in a fun and welcoming environment. We can try a new game or just stick with old favourites.
- Downtown Strathroy Outing** (Thursday, October 22) - Shops include Strathroy Deli & Dutch Shop, O’Joe Coffee, Art’s Bakery and more!
- Sing-a-Long!** (Thursday, October 22) - An informal time to get together and sing songs both loved and familiar! Led by guitarist / singer John McKay.
- OCTOBER FREEBIE – Healthy Aging** (Friday, October 23) - Everyone is welcome to attend this information session by representatives from the Canadian Centre for Activity and Aging. Topics are brain health and how to stay active for healthier aging.
- CraigActive** (Tuesday, October 27)
Transportation to and from CraigActive at Ye Old Town Hall will be provided. Please meet at the exit by the South Lounge at 11:45am. Please note timing of departure is dependent on return of the Craigwiell van from another program. Your patience is appreciated.
- MINT Memory Clinic Presentation** (Wednesday, October 28)
This informal presentation will provide information about the new Connections program at Craigwiell Gardens, the MINT Memory Clinic, and other services and resources available to support your health, independence and well-being. There will also be an opportunity for Q & A.

"Mind Your Words:" Fun with Word Games (Thursday, October 29) - We'll play various word games in a friendly competition or play "against yourself."