



Iona Senior Services
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October 2026

Colony House

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Dear Participants,

Welcome to October!

This month, you can expect two exciting outings that combine your eagerness to be apart of the community and your love of shopping! On October 15, you will have the opportunity to attend the Ward 4 Senior Jubilee, hosted by Janeese Lewis George. There will be music, vendors, and food! On October 21, you will have the chance to get your steps in at Arundel Mills.

On site, you will continue to have your monthly Nutrition Education session with Laura on October 19. Take advantage of Laura's Nutrition Clinic hours, which will be hosted on October 6.

This month, we are excited to be starting Wellness Journaling. This will occur every other Wednesday. This will fit nicely into our plan for Colony House Cinema. Please be reminded that, as voted on, we will move Colony House Cinema to alternating Wednesdays.

Regina Richmond will continue to host her Jewelry Making class on Friday, October 9 and Friday, October 23. Be sure to attend as she will be taking a sabbatical from November – March to enjoy time with her relatives.

Please be sure to attend our Program Planning Meeting on October 13, so that you can have a voice in the activities and outings for the following month.

Don't forget that the site will be closed on October 12!

- Iona Senior Services

*Please refer to the calendar for additional details



October 2026 – Colony House



Monday	Tuesday	Wednesday	Thursday	Friday
Field Trip: Recreation activities off site (transportation provided) *Please note that you can expect a slight adjustment to activities if there is a field trip or if a Recreation Coordinator is out (such as board games, trivia, etc.) *Calendars are subject to change			1 10:00 am Coffee & Conversation 11:00 am Chair Exercise w/ Pat 12:00 pm Lunch 1:00 pm Virtual Travel!	2 10:00 am Coffee & Conversation 11:00 am Jewelry Making: Open Studio 12:00 pm Lunch 1:00 pm Bingo
5 10:00 am Chair Exercise w/ Video 11:00 am Memory Wellness 12:00 pm Lunch 1:00 pm Trivia	6 10:00 am Coffee & Conversation 11:00 am Sewing 12:00 pm Lunch 1:00 pm Board Games 12:30 – 2:00pm Nutrition Clinic w/ Laura		8 10:00 am Coffee & Conversation 11:00 am Chair Exercise w/ Pat 12:00 pm Lunch 1:00 pm Virtual Travel!	9 10:00 am Coffee & Conversation 11:00 am Jewelry Making w/ Regina 12:00 pm Lunch 1:00 pm Bingo
12 – Site Closed (Indigenous Peoples Day) 	13 10:00 am Coffee & Conversation 11:00 am Program Planning Meeting 12:00 pm Lunch 1:00 pm Board Games	14 10:00 am Open Conversations 11:00 am Colony House Cinema 12:00 pm Lunch 1:00 pm Arts and Crafts	15 10AM–2PM Ward 4 Senior Jubilee 10:00 am Coffee & Conversation 11:00 am Chair Exercise w/ Pat 12:00 pm Lunch 1:00 pm Virtual Travel!	16 10:00 am Coffee & Conversation 11:00 am Jewelry Making: Open Studio 12:00 pm Lunch 1:00 pm Bingo
19 10:00 am Chair Exercise w/ Video 11:00 am Memory Wellness 12:00 pm Lunch 1:00 pm Nutrition Presentation w/ Laura	20 10:00 am Coffee & Conversation 11:00 am Sewing 12:00 pm Lunch 1:00 pm Board Games	21 10AM–2PM Arundel Mills (limit 13) 10:00 am Open Conversations 11:00 am Wellness Journaling 12:00 pm Lunch 1:00 pm Arts and Crafts	22 10:00 am Coffee & Conversation 11:00 am Chair Exercise w/ Pat 12:00 pm Lunch 1:00 pm Virtual Travel!	23 10:00 am Coffee & Conversation 11:00 am Jewelry Making w/ Regina 12:00 pm Lunch 1:00 pm Bingo
26 10:00 am Chair Exercise w/ Video 11:00 am Memory Wellness 12:00 pm Lunch 1:00 pm Trivia	27 10:00 am Coffee & Conversation 11:00 am Sewing 12:00 pm Lunch 1:00 pm Board Games 11:30 am -1:30 pm Social Worker Visit	28 10:00 am Open Conversations 11:00 am Colony House Cinema 12:00 pm Lunch 1:00 pm Arts and Crafts	29 10:00 am Coffee & Conversation 11:00 am Chair Exercise w/ Pat 12:00 pm Lunch 1:00 pm Virtual Travel!	30 10:00 am Coffee & Conversation 11:00 am Jewelry Making: Open Studio 12:00 pm Lunch 1:00 pm Bingo
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