

New Horizons Activity Calendar October 2025

District of Kenora New Horizons Seniors Centre – 18 Mike Richards Way
Phone 468-5947/468-8221
Keewatin Centre Phone 547-3902
WEBSITE: <http://www.kenoraseniors.ca>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Chair Yoga Kenora Rotary Room 9:30-10:30 Mahjoong-Lounge 9:30 Home Free Stitchers MP Room Cancelled Bells Ensemble RR 10:45-12 Floor Curling R Rm 1:00	2 RAM COFFEE GROUP 10 a.m. Around the Block Quilters – MP Room 10 – 4 p.m. F & F Rotary Rm 10:15-11:15 Lunch 11:45-1 Bridge St Andrews 12:30 Mahjong Park Place 1:00 BID Euchre Lounge 1:30 Art for Fun Lounge 1:00 p.m	3 Bell Ringers MP Rm 10– 11:15 Cardio Drumming RR 10-11 Stitch'n'Time Rotary Rm 11:30-3:30 Crib Lounge 1 – 3 p.m. QA5 MP Room 12:30–4 p.m. Pool (Billiards) Lounge 1:00 Water Fit 2:45 – 3:30 p.m..	4
5	6 F & F Rotary Rm 10:15 – 11:15 Lunch 11:45–1 p.m. Bridge Lounge 1 p.m. Crib Kee. Park Pl 1:30-3:30 pm Art for Fun Lounge 1:00 p.m. Floor Curling – Rotary Room 6:30 – 8:00 p.m.	7 Keewatin Yoga St. Andrews 9:30 – 10:30 Silver Threads Keewatin St Andrews 11:30-3:30 Walking Group 11 a.m. Quilters Rotary Rm 11:30-3:30 Euchre Lounge 1:30 p.m.	8 Chair Yoga Kenora R. Room 9:30-10:30 Mahjoong-Lounge 9:30 Home Free Stitchers MP Room 10 – 4 p.m. Bells Ensemble Rotary Room 10:45-12 Noon Floor Curling R Rm 1:00	9 RAM Coffee Grp Lounge 10 am Around the Block Quilters – MP Room 10-4 p.m. F & F Rotary Rm 10:15-11:15 Lunch 11:45-1 Bridge St Andrews 12:30 Mahjong Park Place 1:00 BID Euchre Lounge 1:30 Art for Fun Lounge 1:00 p.m.	10 Bell Ringers MP Rm 10-11:15 Cardio Drumming RR 10-11 Stitch'n'Time Rotary Rm 11:30-3:30 Crib Lounge 1 – 3 p.m. QA5 - MP Rm 12:30– 4 p.m. Pool (Billiards) Lounge 1:00 Water Fit 2:45-3:30 p.m.	11
12	 13	14 Walking Group 11 a.m. Silver Threads Keewatin St. Andrews 11:30–3:30 Quilters Rotary Rm 11:30-3:30 Euchre Lounge 1:30 p.m	15 Chair Yoga RR 9:30-10:30 Mahjoong-Lounge 9:30 Home Free Stitchers MP Room 10 – 4 p.m. Bells Ensemble RR 10:45-12 Keewatin Lunch St.Andrews 11:30 Floor Curling R Rm 1:00 New Horizons Bd Mtg. 1:30	16 RAM Coffee Grp Lounge 10 am Around the Block Quilters MP Room 10 – 4 p.m. F & F Rotary Rm 10:15-11:15 Lunch 11:45-1 Bridge St Andrews 12:30 Mahjong Park Place 1:00 BID Euchre Lounge 1:30 Art for Fun Lounge 1:00 p.m	17 Bell Ringers MP Rm 10-11:15 Cardio Drumming RR 10-11 Stitch'n'Time Rotary Rm 11:30-3:30 Crib Lounge 1 – 3 p.m. QA5 - MP Rm 12:30 – 4 p.m. Pool (Billiards) Lounge 1:00 Water Fit 2:45-3:30 p.m	18
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26	27 F & F Rotary Rm CANCELLED Lunch 11:45 – 1 p.m. Bridge Lounge 1 p.m. Crib Kee. Park Pl 1:30-3:30 p.m. Art for Fun Lounge 1:00 p.m. Floor Curling Rotary Room 6:30-8:00 p.m.	28 Keewatin Yoga St. Andrews 9:30 – 10:30 Walking Group 11 a.m. Silver Threads Keewatin St Andrews 11:30-3:30 Quilters Rotary Room 11:30 – 3:30 p.m. Euchre Lounge 1:30 p.m.	29 Chair Yoga Kenora R. Room 9:30-10:30 MahJoong-Lounge 9:30 Home Free Stitchers MP Room 10 – 4 p.m. Bells Ensemble RR 10:45-12 Keewatin Lunch 11:30 Floor Curling R Rm 1:00	30 RAM Coffee Grp Lounge 10 am Around the Block Quilters MP Room 10 - 4 p.m. F & F Rotary Rm 10:15 – 11:15 Lunch 11:45-1 Bridge St Andrews 12:30 Mahjong Park Place 1:00 BID Euchre Lounge 1:30 Art for Fun Lounge 1:00 p.m	31 Bell Ringers MP Rm 10-11:15 Cardio Drumming RR 10-11 Stitch'n'Time RRm 11:30-3:30 Crib Lounge 1 – 3 p.m. QA5 MP Rm. 12:30 – 4 p.m. Water Fit 2:45-3:30 p.m. Pool (Billiards) Lounge 1:00 HAPPY HALLOWEEN	



To those who have a birthday in October

Penny Beal
Ann Marie Contini
Pat Fair
Lorne Greenwood
Marg Heithoff
Debra Lemaistre
Vita Macins
Ruth Munn
Bruce Ponton
Judy Schwartz
Beth Vaudry

Ev Conlon
Colleen Fadden
Diane Gammage
Marion Fish
Janet Hutchinson
Sylvia Luggosy
Bev Moore
Joanne Norlen
Dolly Rose
Terri Sirman

Lunch Menu for Kenora October 2025

Mondays

October 6 – Chili and garlic toast and dessert
October 13 - CLOSED
October 20 – Pierogi Casserole, dinner roll and dessert
October 27 – Stew and dinner roll and dessert

Thursdays

October 2 - Shepherd’s Pie and dessert
October 9 – Veggie Lasagne, Garlic Toast and dessert
October 16 – Hotdogs with fries and dessert
October 23 – Soup and sandwich and dessert
October 30 – Hamburgers and Potato salad and dessert



**News Release re: NH Keewatin Lunches
The New Horizons Centre**

Keewatin branch is happy to announce that our Wednesday Lunch Program will resume on **October 15**, at St.Andrew’s Church at 11:30 a.m.
Once again, we ask that you call the Kenora office at **807-468-8221** to make a reservation. To qualify to attend, you have to be a paid up member of New Horizons. You will be allowed to have one meal without a membership, and after that the charge will be \$15.00 vs \$10.00. Membership is \$20.00 for the year. Join us for a great meal, camaraderie and a fun time.
We look forward to seeing everyone.

Keewatin Lunch Menu for October

October 15 - Ham Casserole and salad and dessert
October 22 – Chicken spinach bake, salad and dessert
October 29 – Perogies, Ham, Devilled eggs – veggies and dessert
To make a reservation please call 807-468-8221
Lunch starts at 11:30

**You will notice on the calendar that Floor Curling will resume on October 6th from 6:30 – 8:00 p.m. in the Rotary Room
Hope to see you there !**



**Change of email addresses
For New Horizons**

Pat –
Patricia.stephens @newhorizonscentre.ca

Wendy –
wendy.sutherland@newhorizonscentre.ca

Diana –
Diana.jardine@newhorizonscentre.ca

For e-transfer or to send an email for the office in general -
office@newhorizonscentre.ca

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"We should certainly count our blessings, but we should also make our blessings count.

Acknowledging the good that you already have in your life is the foundation for all abundance.

Things turn out best for people who make the best of the way things turn out."

