

New Horizons Activity
Calendar October 2026

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 RAM Coffee Grp Lounge 9 am Around the Block Quilters – MP Room 10 -3 p.m Fun and Fitness R Rm 10-11 Lunch 12:00-1 Bridge Keewatin Centre 12:30 Mahjong Keewatin Centre 1:00 BID Euchre Lounge 1:30	2 Line Dancing MP Rm 11 - 12 Stitch'n'Time R.R. 11:30 – 3:00 Crib Lounge 1 – 3 p.m. Pool (Billiards) Lounge 1:00 QA5 MP Room 12:30-3:00 Swim Fit 2:45 – 3:30 Floor Curling RR 6:30-8 pm	3 Projects Half Done Lounge
4	5 Hair Care Day – MP Room 9 a.m. And 11 a.m. See back for details Fun and Fitness R Rm 10 - 11 Lunch 12:00–1 p.m. Bridge Lounge 1 - 4 p.m. Crib Keewatin Centre 1:30-3:30. Art for Fun Lounge 1:00 p.m	6 Yoga Keewatin 9:30 – 10:30 Silver Threads Keewatin 11-4 Walking Group Lounge 11 a.m. Quilters R. Room 11:30 – 3:00 Euchre Lounge 1:30 p.m. Line Dancing Rotary Room 6:30 – 8:30 p.m.	7 Mahjoong-Lounge 9:30 Home Free Stitchers MP Room 10:45 – 3 p.m. Yoga Aerobics Rm 9:30- Lunch in Keewatin 12 noon Dominoes Lounge 12:30 Art for Fun Lounge 1 p.m. Pool (Billiards) Lounge 1:00	8 RAM Coffee Grp Lounge 9 am Around the Block Quilters – MP Room 10 -3 p.m Fun and Fitness R Rm 10-11 Lunch 12:00-1 Bridge Keewatin Centre 12:30 Mahjong Keewatin Centre 1:00 BID Euchre Lounge 1:30	9 Bell Ringers RR 10-11:15 Line Dancing MP Rm 11 - 12 Stitch'n'Time RR 11:30-3:00 Crib Lounge 1 – 3 p.m. QA5 MP Room 12:30-3:00 Pool (Billiards) Lounge 1:00 Swim Fit 2:45 – 3:30 Floor Curling RR 6:30 - 8 pm	10 Moccasin Class .. finishing Up from the last session - New Horizons Lounge at 10 a.m.
11	12 CLOSED THANKSGIVING DAY	13 Yoga Keewatin 9:30 – 10:30 Silver Threads Keewatin 11-4 Walking Group Lounge 11 a.m. Quilters R. Room 11:30 – 3:00 Euchre Lounge 1:30 p.m Line Dancing Rotary Room 6:30 – 8:30 p.m.	14 Mahjoong-Lounge 9:30 Home Free Stitchers MP Room 10 - 3 p.m. Yoga Aerob Rm 9:30-10:30 Bells Ens. R.R. 10:45- 12 Lunch in Keewatin 12 noon Dominoes Lounge 12:30 Art for Fun Lounge 1:00 Pool (Billiards)Lounge 1:00 Darts Legion Club Rm 2:00	15 RAM Coffee Grp Lounge 9 am Around the Block Quilters MP Room 10 – 3 p.m. Fun and Fitness R Rm 10 - 11 Lunch 12:00-1 Bridge-Keewatin Centre 12:30 Mahjong Keewatin Centre 1:00 BID Euchre Lounge 1:30	16 Quilters Keewatin 10 – 4:00 Bell Ringers Rotary Room 10 – 11:15 a.m. Line dancing MP Rm 11 - 12 Stitch'n'Time RR 11:30 - 3:00 Crib Lounge 1 – 3 p.m. QA5 MP Room 12:30-3:00 Pool (Billiards) Lounge 1:00 Swim Fit 2:45 – 3:30 Floor Curling RR 6:30-8 PM	17 QUILTERS KEEWATIN 10:00 – 4:00
18 Local Island Girl Fashion Show in the Rotary Room starting at 3 p.m. Tickets available in the Office Free Admission	19 Fun and Fitness R Rm 9:30-10:30 Lunch 12:00–1 p.m. Bridge Lounge 1 - 4 p.m. Crib Keewatin Centre 1:30-3:30. Art for Fun Lounge 1:00 p.m	20 Yoga Keewatin 9:30 – 10:30 Silver Threads Keewatin 11-4 Walking Group Lounge 11 a.m. Quilters R. Room 11:30 – 3:00 Euchre Lounge 1:30 p.m Line Dancing Rotary Room 6:30 – 8:30 p.m.	21 Mahjoong-Lounge 9:30 Yoga Aerobics Rm 9:30-10:30 Home Free Stitchers MP Room 10 – 3 p.m. Lunch in Keewatin 12 noon Bells Ens. R.R. 10:45-12 Dominoes Lounge 12:30 Art for Fun Lounge 1 p.m. Pool(Billiards)Lounge 1:00 Darts Legion Club Rm 2:00 Roast Beef Dinner Lounge 5	22 RAM Coffee Grp Lounge 9 am Quilters MP Rm 10 - 3 pm Fun and Fitness R Rm 10 - 11 Lunch 12:00-1 Bridge- Keewatin Centre 12:30 Mahjong Keewatin Centre 1:00 BID Euchre Lounge 1:30	23 QUILTERS Keewatin 9 – 9:00 Bell Ringers Rotary Room 10 – 11:15 a.m. Line dancing MP Rm 11-12 Stitch'n'Time Rotary Room 11:30- 3:00 QA5 MP Room 12:30 – 3 p.m. Crib Lounge 1 – 3 p.m. Pool (Billiards) Lounge 1:00 Swim Fit 2:45 – 3:30 Floor Curling RR 6:30-8 p.m.	24 QUILTERS KEEWATIN 9 – 9:00 ***** 9:30 a.m. Breakfast and a movie THE MARTIAN
25 EUCHRE TOURNAMENT in the LOUNGE 12 noon ***** QUILTERS KEEWATIN 9 – 9:00	26 Fun and Fitness R Rm cancelled Lunch 12:00–1 p.m. Bridge Lounge 1 - 4 p.m. Crib Keewatin Centre 1:30-3:30. Art for Fun Lounge 1:00 p.m.	27 Yoga Keewatin 9:30 – 10:30 Silver Threads Keewatin 11-4 Walking Group Lounge 11 a.m. Quilters R. Room 11:30 – 3:30 Euchre Lounge 1:30 p.m Line Dancing Rotary Room 6:30 – 8:30 p.m.	28 Mahjoong Lounge 9:30 Yoga Aerobics Rm 9:30 Home Free Stitchers MP 10-3 Lunch in Keewatin 12 noon Bells Ens. R.R. 10:45-12 Dominoes Lounge 12:30 Art for Fun Lounge 1 p.m. Pool(Billiards)Lounge 1:00 Darts Legion Club Rm 2:00	29 RAM Coffee Grp Lounge 9 am Quilters MP Rm 10 - 3 pm Fun and Fitness R Rm 10 - 11 Lunch 12:00-1 Bridge- Keewatin Centre 12:30 Mahjong Keewatin Centre 1:00 BID Euchre Lounge 1:30	30 NH BOARD MTG IN KEEWATIN at 11:00 a.m. Bell Ringers RR 10-11:15 Line dancing MP Rm 11-12 Stitch'n'Time RR 11:30-3:00 QA5 MP Room 12:30 – 3 p.m. Crib Lounge 1 – 3 p.m. Pool (Billiards) Lounge 1:00 Swim Fit 2:45 – 3:30 Floor Curling RR 6:30-8 p.m.	31 Games Afternoon starting at 11 ... Until 4 Lounge



To those who have a birthday in October

- | | |
|-------------------|------------------|
| Penny Beal | Ev Conlon |
| Ann Marie Contini | Ronnie Fafard |
| Diane Gammage | Lorne Greenwood |
| Carol Grosset | Marg Heithoff |
| Janet Hutchinson | Sylvia Lugossy |
| Vita Machis | Maureen McDonald |
| Bev Moore | Mark Mulski |
| Joanne Norlen | Bobbi Novak |
| Bruce Ponton | Judy Schwartz |
| Beth Vaudry | |

We were very saddened to learn of the passing of long time members

ELLA NYBERG

Ella was always cheery and upbeat – enjoying her gatherings with “the girls” at New Horizons. She will be greatly missed &



ANNA ZURKAN
Anna was our cleaner at the centre for many years – keeping our lounge

spic’n’span clean – to the point she even washed the walls once a year. So dedicated .. and always had a smile on her face.

‘REST IN PEACE - ELLA AND ANNA’

Kenora Lunch Menu for October

MONDAYS:

- October 5 – Squash soup, ham and Cheese croissant and dessert
- October 12 – Closed – Thanksgiving
- October 19 – Meatloaf, potatoes, carrots and dessert
- October 26 – Broccoli Soup, Egg salad sandwich and dessert

THURSDAYS:

- October 1 – Beef Barley soup, bun and dessert
- October 8 – Pork tenderloin, potatoes, veggies and dessert
- October 15 – Pineapple Chicken, rice and dessert
- October 22 – Borscht soup, bun and dessert
- October 29 – Spaghetti with Meat Sauce, Garlic bread and dessert

Keewatin Lunch Menu for October

- October 7 – Meatloaf, potatoes, veggies and dessert
- October 14 - Chicken Wild Rice Soup, sandwich and dessert
- October 21 – Quiche, salad, bun and dessert
- October 28 – Ham, perogies, devilled eggs and dessert

Call 807-468-8221 if you wish to attend.

NOTICE

Fun and Fitness is cancelled on October 26th and will be held from 9:30 until 10:30 on the 19th of October

Darts start on October 14th at 2 p.m. in the Legion Club Room

October 25 - there will be a Euchre Tournament in the Lounge starting at 12 noon

I don't mind getting old . but my body isn't happy about it

Wednesday YOGA in Kenora will be held in the Aerobics Room – upstairs at the Rec Centre for the month of October

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NEW HORIZONS MEMBERS
Hair Care Day
IN THE MULTI PURPOSE ROOM
Blow Dry – Trim – Curl – Comb Out

Come visit with the graduating Hair Stylist students from 7 Gens - Numbers limited

Dates: October 5 - November 2 & December 7

Apt. Times - 9 a.m. and 11 a.m.
If interested - please call the centre at 807-468-8221 or 807-468-5947

Free - Tip Jar Available

GAMES DAY TO BE HELD
OCTOBER 31st

Games available - Crib
Dominoes - Stop in to play pool or bring your own game to share.
Starting at 11 a.m. in the lounge

Roast Beef Dinner – in the Lounge – 5 p.m. October 21st
Tickets available from the office \$20 per member

BREAKFAST AND A MOVIE
Saturday OCTOBER 24 at 9:30 a.m. in the lounge at Kenora New Horizons.
Showing ..
THE MARTIAN

When astronauts blast off from the planet Mars, they leave behind Mark Watney, presumed dead after a fierce storm. With only a meager amount of supplies, the stranded visitor must utilize his wits and spirit to find a way to survive on the hostile planet. Meanwhile, back on Earth, members of NASA and a team of international scientists work tirelessly to bring him home, while his crew mates hatch their own plan for a daring rescue mission.

\$10.00 for breakfast and a movie
Please call 807-468-8221 or 807-468-5947 if you plan to attend

LOCAL ISLAND GIRL FASHION SHOW TO TAKE PLACE IN THE ROTARY ROOM SUNDAY Oct. 18th starting at 3 p.m.
FREE ADMISSION
Tickets available In the office

