



CONTACT INFORMATION

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Concierge Desk	*101 On Your Suite Phone
Tanya Porretta General Manager	705-457-4848 Ext. 104
Heather Inness Office Manager	705-457-4848 Ext. 102
Haily Hamilton Activities Director	705-457-4848 Ext. 103
Patricia Miller Director of Community Relations	705-457-4848 Ext. 105
Tanya Porretta Director of Wellness	705-457-4848 Ext. 106
Sherry Switzer Maintenance Manager	705-457-4848 Ext . 107
Ryan Tomlinson Food Services Supervisor	705-457-4848 Ext. 109

**The Gardens of Haliburton Manager On Call Can Be
Reached On Weekends at 705-457-5867**



October 2026 Monthly Activities Newsletter



Memories From September

Goodbye September!

Thank you for all the wonderful memories you brought us this month! Throughout September, we celebrated National Hummingbird Day, Labour Day, National Monte Cristo Day, the First Day of Fall, and National Day for Truth and Reconciliation.

As we watch the leaves begin to change colour and the beautiful signs of fall surround us, we welcome October with open arms!

We're excited to see what wonderful memories, laughter, celebrations, and adventures you have in store for us.

Hello October — let's make it a great one!



TRIPS & OUTINGS



Please SIGN UP FOR ALL * TRIPS at the Concierge Desk

October 1st, 6th, 15th, 20th & 29th ~ Shopping Trips to Haliburton Seniors Discount Days! Bring you own \$ and Bags

Friday October 2nd ~ Lunch @ SIRCH Bistro
\$\$ Bring Money for Lunch

Wednesday October 21st ~ Casino Rama Trip
Bring \$ for Gambling. Picnic Lunch Provided

Song Bird
SOUND THERAPY

NOURISH YOUR BODY, MIND & SPIRIT
THROUGH THE HEALING POWER OF SOUND.

October 21st

WHAT IS SOUND THERAPY?

Sound therapy uses vibrations from instruments such as singing bowls, gongs and chimes to encourage relaxation and promote a sense of calm and well-being.

BENEFITS OF SOUND THERAPY

- REDUCES STRESS & ANXIETY
- ENCOURAGES RELAXATION
- MAY IMPROVE SLEEP
- SUPPORTS EMOTIONAL WELL-BEING
- PROMOTES FOCUS & MENTAL CLARITY
- HELPS EASE TENSION
- CREATES A SENSE OF PEACE AND BALANCE

Come as you are, ♥ leave feeling restored.

Highlights

**Thursday October 8th @
1:30pm**



"You Had To Be There"

CONVERSATIONS with CANDIDATES

★ YOUR COMMUNITY. YOUR VOICE. YOUR FUTURE. ★

Local candidates for our municipal election will be coming in to speak with residents.

Join us!

DEBRA LAMBE	OCTOBER 2ND
ROB MCCAIG	OCTOBER 5TH
PAT CASEY	OCTOBER 6TH
WALT McKECHNIE	OCTOBER 9TH

Come listen. Ask questions. Be informed.

YOUR COMMUNITY MATTERS

ZABS

COMFORT FOOTWEAR INC.

October 16th

Spooktacular

Afternoon Tea & Piano Concert

by **Jim Miners**

Wednesday October 28th

Costumes are encouraged!



★ **LINE** ★
DANCING
with **KARLEY** 
★ **BEGINNER CLASSES!** ★
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COME WATCH OR
JOIN IN ON THE FUN!
 **October** ★
13th & 27th
★ **ALL ARE WELCOME!** ★

October 7th
10:30am
Residents General Meeting

Food
Committee
Meeting
October 8th
Everyone Welcome!

HALLOWEEN
TRICK OR TREAT BAGS
= DONATIONS =
We are collecting donations of items
to fill our Halloween Trick or Treat Bags!
Suggested items include:
 **Wrapped candy**
(individually)
 **Small toys**
 **Pencils, erasers, or stickers**
 **Crunchy snacks**
(chips, crackers, etc.)
 **Other small, fun treats**
Please give all donations to
= Hailly, =
the Activities Director.

HALLOWEEN
BASH!
Welcome ghosts and ghouls
from the community,
and treat them with a
Halloween Goodie Bag!
Live music provided by
The Three Amigos!
6:45pm - 7:45pm