



November 2024

Mon	Tue	Wed	Thu	“Fun” Fri	Sat
<p>Don't forget the Centre's Annual Christmas Market Sunday November 3—doors open 10 a.m.—closes at 4 p.m. Enter your name to win fabulous door prizes donated by the amazing vendors!</p> <p>November 17—Victoria's Christmas Tea—limited tickets are available!</p>				<p>1 8:30 a.m. Functional Fit 9:30 a.m. Low mobility 10: 30 a.m. Tai Chi 1 p.m. 4 Hand Euchre Vendor Show setup</p>	<p>2 10:30 a.m. Kripalu Yoga</p>
<p>4 9 a.m. Active Fit 1 p.m. Carpet Bowling 1 p.m. Darts 1 p.m. Walk 'n Talk 1 p.m. Chess</p>	<p>5 10 a.m. Mid Mobility 1 p.m. Let's get-fit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga 6:15 p.m. - Chair & Standing Yoga</p>	<p>6 9 a.m. Active Fit 1 p.m. Cribbage 1 p.m. Mahjong 1:30 p.m. Life Lessons 6:30 pm Paint Night</p>	<p>7 8:30 a.m. Active Fit 10 a.m. Canasta 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre</p>	<p>8 9:30 a.m. Functional Fit 9:30 a.m. Low Mobility 9:30 a.m. Watercolour 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. BUNCO</p>	<p>9 10:30 a.m. Kripalu Yoga</p>
<p>11 Remembrance Day Centre is closed 1 p.m. Deck the Hall</p>	<p>12 9:30 a.m. Acrylic/oil 10 a.m. Mid Mobility 1 p.m. Let's get-fit 1 p.m. Bridge 1 p.m. Chess 4:30 p.m. Kripalu Yoga 6:15 p.m. Chair & Standing Yoga</p>	<p>13 9 a.m. Active Fit 1 p.m. Cribbage 1 p.m. Mahjong</p>	<p>14 8:30 a.m. Active Fit 10 a.m. Canasta 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre</p>	<p>15 8:30 a.m. Functional Fit 9:30 a.m. Low Mobility 9:30 a.m. Watercolour 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. preparation for Victoria Tea Deadline to register for Diner's Delight</p>	<p>16 10:30 a.m. Kripalu Yoga 1 p.m. Hostess setup for Tea 1 p.m. Learn to play Cribbage</p>
<p>18 9 a.m. Active Fit 9 a.m. Oil/Acrylic Painting 10:30 a.m. Line Dancing 1 p.m. Carpet Bowling 1 p.m. Darts 1 p.m. Drawing 1 p.m. Walk 'n Talk 1 p.m. Chess</p>	<p>19 9 a.m. Oil/Acrylic Painting 10 a.m. Mid Mobility 1 p.m. Let's get-fit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga 6:15 p.m. Chair & Standing Yoga 6:15 p.m. Craft & Create</p>	<p>20 9 a.m. Active Fit 10 a.m. Gentle Yoga 1 p.m. Cribbage 1 p.m. Mahjong 1:30 p.m. Book Club 5:30 p.m. Diner's Delight— Bistro 900</p>	<p>21 8:30 a.m. Active Fit 10 a.m. Canasta 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre</p>	<p>22 8:30 a.m. Functional Fit 9:30 a.m. Low Mobility 9:30 a.m. Watercolour 10 a.m. Tech Class 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. What is Qi-Gong presentation</p>	<p>23 10:30 a.m. Kripalu Yoga 1 p.m. Learn to play Cribbage</p>
<p>25 9 a.m. Active Fit 9 a.m. Oil/Acrylic Painting 10:30 a.m. Line Dancing 1 p.m. Carpet Bowling 1 p.m. Darts 1 p.m. Drawing 1 p.m. Walk 'n Talk 1 p.m. Chess</p>	<p>26 9 a.m. Oil/Acrylic Painting 10 a.m. Mid Mobility 1 p.m. Let's get-fit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga 6:15 p.m. Chair & Standing Yoga 6:15 p.m. Craft & Create</p>	<p>27 9 a.m. Active Fit 10 a.m. Gentle Yoga 1 p.m. Cribbage 1 p.m. Mahjong 1 p.m. Learning and Connection Mentorship Presentation</p>	<p>28 8:30 a.m. Active Fit 10 a.m. Canasta 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre 1 p.m. Chili Prep</p>	<p>29 8:30 a.m. Functional Fit 9:30 a.m. Low Mobility 9:30 a.m. Watercolours 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Christmas Sweater Lunch</p>	<p>30 10:30 a.m. Kripalu Yoga 1 p.m. Learn to play Cribbage</p>