

OCTOBER 2022

Mon	Tue	Wed	Thu	Fri	Sat
Exercise classes are available on Zoom at the times indicated above. Please call the Centre or email for the "link" to join!					1 10 a.m. Kripalu Yoga
3 9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing CANCELLED 1 p.m. Carpet Bowling 1 p.m. Darts	4 9:30 a.m. Oil Painting 10 a.m. Low Mobility 11:30 a.m. Guitar 1 p.m. Bridge 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga	5 9 a.m. Active Fit 10:30 a.m. Cooking 10:30 a.m. Photography 1 p.m. Cribbage 1 p.m. Walk 'n Talk	6 9 a.m. Active Fit 12:30 p.m. Peer Watercolours 10:30 a.m. Beg. Tai Chi 1 p.m. Bid Euchre	7 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi 1 p.m. 4 Hand euchre 1 p.m. Chess 1 p.m. Peer Drawing 1 p.m. Crafternoon	8 10 a.m. Kripalu Yoga
10 CENTRE CLOSED Thanksgiving Monday	11 10 a.m. Low Mobility 11:30 a.m. Guitar 1 p.m. Bridge 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga	12 9 a.m. Active Fit 10:30 a.m. Cooking 10:30 a.m. Photography 1 p.m. Cribbage	13 9 a.m. Active Fit 12:30 p.m. Peer Watercolours 10:30 a.m. Beg. Tai Chi 10:30 a.m. Canasta 1 p.m. Bid Euchre	14 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi 1 p.m. 4 Hand euchre 1 p.m. Chess 1 p.m. Crafternoon	15 10 a.m. Kripalu Yoga
17 9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 1 p.m. Carpet Bowling 1 p.m. Darts	18 9:30 a.m. Oil Painting 10 a.m. Low Mobility 11:30 a.m. Guitar 1 p.m. Bridge 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga	19 9 a.m. Active Fit 10:30 a.m. Cooking 10:30 a.m. Photography 1 p.m. Cribbage	20 9 a.m. Active Fit 12:30 p.m. Peer Watercolours 10:30 a.m. Beg. Tai Chi 10:30 a.m. Canasta 1 p.m. Bid Euchre	21 8:30 a.m. Functional Fitness 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. Chess 1 p.m. Crafternoon	22 10 a.m. Kripalu Yoga
24 9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 1 p.m. Walk 'n Talk 1 p.m. Carpet Bowling 1 p.m. Darts	25 9:30 a.m. Oil Painting 10 a.m. Low Mobility 11:30 a.m. Guitar 1 p.m. Brdige 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga	26 9 a.m. Active Fit 10:30 a.m. Cooking 10:30 a.m. Photography 1 p.m. Cribbage	27 9 a.m. Active Fit 12:30 p.m. Peer Watercolours 10:30 a.m. Beg. Tai Chi 10:30 a.m. Canasta 1 p.m. Bid Euchre	28 8:30 a.m. Functional Fitness 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. Chess 1 p.m. Silk Painting	29 10 a.m. Kripalu Yoga
31 9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 1 p.m. Carpet Bowling 1 p.m. Darts	To register or for more information on the Guitar, Photography and Cooking classes, please email Hannah at the City of Pembroke— hdemont@pembroke.ca or call 613-735-6821 Ext. 1507. Please see Page 8 for details.				