




October 2024

Mon	Tue	Wed	Thu	“Fun” Fri	Sat
	1 Happy National Senior’s Day 9 a.m. Oil/Acrylic Painting 11:30 a.m. lunch 1 p.m. Various Games 4:30 p.m. Kripalu Yoga	2 9 a.m. Active Fit 10 a.m. Bridge Lessons 1 p.m. Cribbage 1 p.m. Mahjong 1:30 p.m. Life Lessons	3 8:30 a.m. Functional Fitness 10 a.m. Canasta 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	4 8:30 a.m. Active Fit 9:30 a.m. Low mobility 10: 30 a.m. Tai Chi 1 p.m. Men in the Kitchen 1 p.m. 4 Hand Euchre	5 10:30 a.m. Kripalu Yoga
7 9 a.m. Active Fit 10:30 a.m. Line Dancing 1 p.m. Carpet Bowling 1 p.m. Darts 1 p.m. Walk ‘n Talk	8 10 a.m. Mid Mobility 1 p.m. Let’s get-fit-bit 1 p.m. Bridge 1 p.m. Chess 4:30 p.m. Kripalu Yoga	9 9 a.m. Active Fit 10 a.m. Bridge Lessons 1 p.m. Cribbage 1 p.m. Mahjong	10 8:30 a.m. Functional Fitness 10 a.m. Canasta 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	11 8:30 a.m. Active Fit 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Mexican Train Dominoes Deadline to register for Diner’s Delight	12 10:30 a.m. Kripalu Yoga
14 Happy Thanksgiving Centre is Closed 	15 10 a.m. Mid Mobility 1 p.m. Let’s get-fit-bit 1 p.m. Bridge 1 p.m. Chess 4:30 p.m. Kripalu Yoga	16 9 a.m. Active Fit 10 a.m. Bridge Lessons 1 p.m. Cribbage 1:30 Book Club 1 p.m. Mahjong 5:30 p.m. Diner’s Delight	17 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	18 8:30 a.m. Active Fit 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Community Connections	19 10:30 a.m. Kripalu Yoga
21 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. Walk ‘n Talk	22 9 a.m. Oil/Acrylic Painting 10 a.m. Mid Mobility 1 p.m. Let’s get-fit-bit 1 p.m. Bridge 1 p.m. Chess 4:30 p.m. Kripalu Yoga	23 9 a.m. Active Fit 10 a.m. Bridge Lessons 1 p.m. Cribbage 1 p.m. Mahjong	24 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	25 8:30 a.m. Active Fit 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Jigsaw Puzzle Challenge	26 10:30 a.m. Kripalu Yoga
28 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	29 9 a.m. Oil/Acrylic Painting 10 a.m. Mid Mobility 1 p.m. Let’s get-fit-bit 1 p.m. Bridge 1 p.m. Chess 4:30 p.m. Kripalu Yoga	30 9 a.m. Active Fit 10 a.m. Bridge Lessons 1 p.m. Cribbage 1 p.m. Mahjong	31 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	November 1 8:30 a.m. Active 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. Men in the Kitchen	2 10:30 a.m. Kripalu Yoga