

October 2017

| Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|---|---|--|
| <p>2 Walking Club 9:30</p> <p>CHATS 10:00</p> <p>Ed's Line Dancing 1:30</p> | <p>3 Mat Yoga 8:30</p> <p>Chair Yoga 9:45</p> <p>Windows 10 Pt 1 10:00</p> <p>Line Dance Lv2 11:00</p> <p>Duplicate Bridge, Hand/Foot, Canasta 1:00</p> | <p>4</p> <p>Mellow Movement 10:30</p> <p>Acrylic Painting 1:00</p> <p>Bridge, Mah Jong 1:00</p> <p>Euchre 7:00</p> | <p>5</p> <p>Tai Chi 9:30</p> <p>Chair Yoga 10:45</p> <p>Mah Jong 1:00</p> | <p>6 Zumba Gold 9:30</p> <p>Stretch n Core 10:30</p> <p>Mindful Living 11:00</p> <p>Water Colours 1:00</p> <p>Bridge 1:00</p> <p>Bid Euchre 7:00</p> | <p>7 Blood Clinic</p> <p>NO Classes</p> |
| <p>9</p>  <p>Happy Thanksgiving! To You And Your Family</p> | <p>10 Mat Yoga 8:30</p> <p>Chair Yoga 9:45</p> <p>Windows 10 Pt 1 10:00</p> <p>Line Dance Lv2 11:00</p> <p>Duplicate Bridge, Hand/Foot, Canasta 1:00</p> | <p>11</p> <p>Bridge Lessons 9:30</p> <p>Mellow Movement 10:30</p> <p>Acrylic Painting 1:00</p> <p>Bridge, Mah Jong 1:00</p> <p>Euchre 7:00</p> | <p>12</p> <p>Tai Chi 9:30</p> <p>Chair Yoga 10:45</p> <p>Mah Jong 1:00</p> | <p>13 Zumba Gold 9:30</p> <p>Stretch n Core 10:30</p> <p>Mindful Living 11:00</p> <p>Water Colours 1:00</p> <p>Bridge 1:00</p> <p>Bid Euchre 7:00</p> | <p>14 Harvest Fair 10:00 to 3</p>  |
| <p>16 Walking Club 9:30</p> <p>CHATS 10:00</p> <p>Ed's Line Dancing 1:30</p> | <p>17 Mat Yoga 8:30</p> <p>Chair Yoga 9:45</p> <p>Windows 10 Pt2 10:00</p> <p>Line Dance Lv2 11:00</p> <p>Duplicate Bridge, Hand/Foot, Canasta 1:00</p> | <p>18 Bridge Lessons 9:30</p> <p>Mellow Movement 10:30</p> <p>Acrylic Painting 1:00</p> <p>Bridge, Mah Jong 1:00</p> <p>No Dinner this Month</p> <p>Euchre 7:00</p> | <p>19</p> <p>Tai Chi 9:30</p> <p>Chair Yoga 10:45</p> <p>Drawing 1:00</p> <p>Mah Jong 1:00</p> | <p>20 Zumba Gold 9:30</p> <p>Stretch n Core 10:30</p> <p>Mindful Living 11:00</p> <p>Travel Club 1:30</p> <p>Water Colours 1:00</p> <p>Bridge 1:00</p> <p>Bid Euchre 7:00</p> | <p>21 Yoga Stretch 10:00</p> <p>Open House For Games 1 to 3 PM</p> |
| <p>23 Walking Club 9:30</p> <p>Puzzle Making 10:00</p> <p>Ed's Line Dancing 1:30</p> | <p>24 Mat Yoga 8:30</p> <p>Chair Yoga 9:45</p> <p>Windows 10 Pt 2 10:00</p> <p>Line Dancing Lv2 11:00</p> <p>Duplicate Bridge, Hand/Foot, Canasta 1:00</p> | <p>25 Vi Pei 9:30</p> <p>Bridge Lessons 9:30</p> <p>Mellow Movement 10:30</p> <p>Acrylic Painting 1:00</p> <p>Bridge, Mah Jong 1:00</p> <p>Euchre 7:00</p> | <p>26 Tai Chi 9:30</p> <p>Chair Yoga 10:45</p> <p>Drawing 1:00</p> <p>Mah Jong 1:00</p> | <p>27 Zumba Gold 9:30</p> <p>Pumpkin Carving 10:00</p> <p>Stretch n Core 10:30</p> <p>Mindful Living 11:00</p> <p>Book Club 1:30</p> <p>Water Colours 1:00</p> <p>Bridge 1:00</p> <p>Bid Euchre 7:00</p> | <p>28 Yoga Stretch 10:00</p> <p>Open House For Games 1 to 3 PM</p> |
| <p>30 Walking Club 9:30</p> <p>Puzzle Making 10:00</p> <p>Ed's Line Dancing 1:30</p> | <p>31 Halloween Lunch 12:00</p> |  | | | |