


OCTOBER 2024

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|---|
| | 1 | 2 | 3 | 4 | 5 |
| | Fun and Fitness 9:30am – 10:30am <i>*new time*</i> Food Distribution 10:00am until gone Crokinole 10:00am – 12:00pm Sing Along 10:30am – 11:30am Darts 1:00pm – 2:00pm Writers Circle 1:00pm – 3:00pm Knit and Crochet Club 1:00pm – 3:00pm | Stretch & Strength 9:30am – 10:30am Friendly Bridge 9:30am – 12:00pm Bingo 11:00am – 12:30pm Pickle Ball – Intermediate 10:45am – 12:30pm <i>*new time*</i> Canasta 12:30pm – 3:30pm Line Dancing – Intermediate/Beginner Plus 12:45pm – 2:00pm <i>*new time*</i> Cribbage 1:00pm – 3:30pm Line Dancing – Beginner 2:15pm – 3:30pm <i>*new time*</i> | Fun and Fitness 9:30am – 10:15am <i>*new time*</i> Somatic Chair Yoga (drop-in if room) 9:30am – 10:30am Exploring Watercolours 9:30am – 12:00pm Current Affairs 10:00am – 11:00am Tai Chi – Beginners 10:15am- 11:15am Independent Yoga 11:00am – 11:45 am Tai Chi – Intermediate 11:30am – 12:30pm The Joy of Art 12:00pm – 2:30pm Canasta 12:30pm – 3:30pm Tech Hub 2:00pm – 3:30pm | Billiards/Snooker 9:30am – 12:00pm <i>*new time*</i> Stretch & Strength 9:30am – 10:30am Food Distribution 10:00am until gone English Corner 10:00am – 11:00am Qi Gong 11:00am – 12:00pm Texas Hold'em Poker 11:30am – 3:30pm Art and Wellness 1:00pm – 3:00pm Gentle Yoga 1:30pm – 2:15pm | Pickleball Intermediate 11:00am – 12:45pm Movie of the week: Fried Green Tomatoes 12:30pm – 3:00pm Cribbage 1:00pm – 3:00pm |
| 7 | 8 | 9 | 10 | 11 | 12 |
| Stretch & Strength 9:30am – 10:30am Independent Yoga 11:00am – 12:00pm Zumba Gold *new* 11:00am – 12:00pm Texas Hold'Em Poker 11:30am – 3:30pm Mahjong 12:30pm – 3:30pm Pickle Ball – Beginner 1:00pm – 2:45pm | Fun and Fitness 9:30am – 10:30am <i>*new time*</i> Food Distribution 10:00am until gone Crokinole 10:00am – 12:00pm Sing Along 10:30am – 11:30am Darts 1:00pm – 2:00pm Writers Circle 1:00pm – 3:00pm Knit and Crochet Club 1:00pm – 3:00pm | Stretch & Strength 9:30am – 10:30am Friendly Bridge 9:30am – 12:00pm Bingo 11:00am – 12:30pm Pickle Ball – Intermediate 10:45am – 12:30pm <i>*new time*</i> Canasta 12:30pm – 3:30pm Line Dancing – Intermediate/Beginner Plus 12:45pm – 2:00pm <i>*new time*</i> Cribbage 1:00pm – 3:30pm Line Dancing – Beginner 2:15pm – 3:30pm <i>*new time*</i> | Fun and Fitness 9:30am – 10:15am <i>*new time*</i> Somatic Chair Yoga (drop-in if room) 9:30am – 10:30am Exploring Watercolours 9:30am – 12:00pm Current Affairs 10:00am – 11:00am Tai Chi – Beginners 10:15am- 11:15am Independent Yoga 11:00am – 11:45 am Tai Chi – Intermediate 11:30am – 12:30pm The Joy of Art 12:00pm – 2:30pm Canasta 12:30pm – 3:30pm Tech Hub 2:00pm – 3:30pm | Billiards/Snooker 9:30am – 12:00pm <i>*new time*</i> Stretch & Strength 9:30am – 10:30am Food Distribution 10:00am until gone English Corner 10:00am – 11:00am Qi Gong 11:00am – 12:00pm Texas Hold'em Poker 11:30am – 3:30pm Art and Wellness 1:00pm – 3:30pm Gentle Yoga 1:30pm – 2:15pm | Pickleball Intermediate 10:00am – 12:00pm Movie of the week: Bank of Dave 12:30pm – 3:00pm Cribbage 1:00pm – 3:00pm |
| 14 | 15 | 16 | 17 | 18 | 19 |
| CSVAC CLOSED  | Fun and Fitness 9:15am – 10:15am <i>*new time*</i> Food Distribution 10:00am until gone Crokinole 10:00am – 12:00pm Sing Along 10:30am – 11:30am Darts 1:00pm – 2:00pm Writers Circle 1:00pm – 3:00pm Knit and Crochet Club 1:00pm – 3:00pm | Stretch & Strength 9:30am – 10:30am Friendly Bridge 9:30am – 12:00pm Bingo 11:00am – 12:30pm Pickle Ball – Intermediate 10:45am – 12:30pm <i>*new time*</i> Canasta 12:30pm – 3:30pm Line Dancing – Intermediate/Beginner Plus 12:45pm – 2:00pm <i>*new time*</i> Cribbage 1:00pm – 3:30pm Line Dancing – Beginner 2:15pm – 3:30pm <i>*new time*</i> | Fun and Fitness 9:15am – 10:15am <i>*new time*</i> Somatic Chair Yoga (drop-in if room) 9:30am – 10:30am Exploring Watercolours 9:30am – 12:00pm Current Affairs 10:00am – 11:00am Tai Chi – Beginners 10:15am- 11:15am Independent Yoga 11:00am – 11:45 am Tai Chi – Intermediate 11:30am – 12:30pm The Joy of Art 12:00pm – 2:30pm Canasta 12:30pm – 3:30pm Tech Hub 2:00pm – 3:30pm | Billiards/Snooker 9:30am – 12:00pm <i>*new time*</i> Stretch & Strength 9:30am – 10:30am Food Distribution 10:00am until gone English Corner 10:00am – 11:00am Qi Gong 11:00am – 12:00pm Texas Hold'em Poker 11:30am – 3:30pm Non-Fiction Book Club 12:30pm – 2:00pm Art and Wellness 1:00pm – 3:30pm Gentle Yoga *CANCELLED TODAY* 1:30pm – 2:15pm | Pickleball Intermediate 10:00am – 12:00pm Movie of the week: Titanic 12:30pm – 3:00pm Cribbage 1:00pm – 3:00pm |

OCTOBER 2024

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|---|
| 21 | 22 | 23 | 24 | 25 | 26 |
| Stretch & Strength 9:30am – 10:30am Rainbow Social 10am – 11am Independent Yoga 11:00am – 12:00pm Zumba Gold *new* 11:00am – 12:00pm Texas Hold’Em Poker 11:30am – 3:30pm Mahjong 12:30pm – 3:30pm Pickle Ball – Beginner 1:00pm – 2:45pm | Fun and Fitness 9:15am – 10:15am *new time* Food Distribution 10:00am until gone Crokinole 10:00am – 12:00pm Sing Along 10:30am – 11:30am Darts 1:00pm – 2:00pm Writers Circle 1:00pm – 3:00pm Knit and Crochet Club 1:00pm – 3:00pm | Stretch & Strength 9:30am – 10:30am Friendly Bridge 9:30am – 12:00pm Bingo 11:00am – 12:30pm Pickle Ball – Intermediate 10:45am – 12:30pm *new time* Canasta 12:30pm – 3:30pm Line Dancing – Intermediate/Beginner Plus 12:45pm – 2:00pm *new time* Cribbage 1:00pm – 3:30pm Line Dancing – Beginner 2:15pm – 3:30pm *new time* | Fun and Fitness 9:15am – 10:15am *new time* Somatic Chair Yoga (drop-in if room) 9:30am – 10:30am Exploring Watercolours 9:30am – 12:00pm Current Affairs 10:00am – 11:00am Tai Chi – Beginners 10:15am- 11:15am Independent Yoga 11:00am – 11:45 am Tai Chi – Intermediate 11:30am – 12:30pm The Joy of Art 12:00pm – 2:30pm Canasta 12:30pm – 3:30pm Tech Hub 2:00pm – 3:30pm | Billiards/Snooker 9:30am – 12:00pm *new time* Stretch & Strength 9:30am – 10:30am Food Distribution 10:00am until gone English Corner 10:00am – 11:00am Qi Gong 11:00am – 12:00pm Texas Hold’em Poker 11:30am – 3:30pm Art and Wellness 1:00pm – 3:30pm Gentle Yoga 1:30pm – 2:15pm | Pickleball Intermediate 10:00am – 12:00pm Movie of the week: Ghostbusters 12:30pm – 3:00pm Cribbage 1:00pm – 3:00pm |
| 28 | 29 | 30 | 31 | | |
| Stretch & Strength 9:30am – 10:30am Independent Yoga 11:00am – 12:00pm Zumba Gold *new* 11:00am – 12:00pm Texas Hold’Em Poker 11:30am – 3:30pm Mahjong 12:30pm – 3:30pm Pickle Ball – Beginner 1:00pm – 2:45pm | Fun and Fitness 9:15am – 10:15am *new time* Food Distribution 10:00am until gone Crokinole 10:00am – 12:00pm Sing Along 10:30am – 11:30am Darts 1:00pm – 2:00pm Writers Circle 1:00pm – 3:00pm Knit and Crochet Club 1:00pm – 3:00pm | Stretch & Strength 9:30am – 10:30am Friendly Bridge 9:30am – 12:00pm Bingo 11:00am – 12:30pm Pickle Ball – Intermediate 10:45am – 12:30pm *new time* Canasta 12:30pm – 3:30pm Line Dancing – Intermediate/Beginner Plus 12:45pm – 2:00pm *new time* Cribbage 1:00pm – 3:30pm Line Dancing – Beginner 2:15pm – 3:30pm *new time* | Fun and Fitness 9:15am – 10:15am *new time* Somatic Chair Yoga (drop-in if room) 9:30am – 10:30am Exploring Watercolours 9:30am – 12:00pm Current Affairs 10:00am – 11:00am Tai Chi – Beginners 10:15am- 11:15am Independent Yoga 11:00am – 11:45 am Tai Chi – Intermediate 11:30am – 12:30pm The Joy of Art 12:00pm – 2:30pm Canasta 12:30pm – 3:30pm Tech Hub 2:00pm – 3:30pm | | |