

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 NATIONAL AND INTERNATIONAL SENIORS DAY STANDING YOGA W/CHAIR 10:00 – 11:00 am FRENCH CONVERSATION 10:00 –11:00am SPANISH CLASS (beginner) 11:10 am – 12:10 am SPANISH CONVERSATION Intermediate: 11:15 am – 12:15 pm LUNCH AT NOON + SPECIAL DESSERT (\$6) 12:00 – 1:00 pm BINGO, CARDS & GAMES 1:30 – 2:30 pm UKULELE Level A (beginners) 12:45 – 1:45 pm UKULELE Level C 2:00 – 3:30 pm	2 CARDIO EXERCISE 10:00 – 11:30 am KARAOKE, SING-ALONG & MUSIC CLUB 11:35 am – 1:35 pm LUNCH AT NOON (\$6) 12:00 – 1:00 pm LINE DANCING 2:00 –3:30 pm	3 DANCE WORKOUT 11:00 – 12:30 pm DROP-IN TECH CAFE 11:00 – 2:00 pm LUNCH AT NOON (\$6) 12:00 – 1:00 pm GUITAR LESSONS 1:00 – 2:00 pm DIGITAL LITERACY 8-SESSION COURSE (COMPUTER/TABLETS) –S1 2:00 – 3:30 pm WALKING CLUB 2:00 pm UKULELE SING-ALONG CIRCLE 2:30 – 3:30 pm
6 FREE WILLS CLINIC By Appointment Only TAI-CHI STRETCHING 9:00 - 10:30 am NEW - BREAKFAST BRUNCH 10:30 – 12:30 pm AFRO-LATINO DANCE 10:45 – 11:45 pm CHAIR YOGA 12:00 – 1:00 pm DROP-IN 1-ON-1 TECH CAFÉ 1:00 – 3:00 pm KNITTING & CROCHET 1:00 – 3:00 pm ENGLISH FOR BEGINNERS 1:30 – 3:00 pm M.E.L.T – 1:00 – 4:00 pm	7 TAI-CHI STRETCHING 9:00 – 9:45 am LINE DANCING All Levels: 10:00 – 11:30 am LUNCH AT NOON (\$6) 12:00 – 1:00 PM COFFEE DROP-IN LEARN, ENGAGE AND CONNECT WORKSHOP: BOOK READING By the Author Robyn Harding, International Bestselling Author 1:00 – 3:00 pm	8 FREE WILLS CLINIC By Appointment Only STANDING YOGA W/CHAIR 10:00 – 11:00 am FRENCH CONVERSATION 10:00 –11:00am SPANISH CLASS (beginner) 11:10 am – 12:10 am SPANISH CONVERSATION 11:15 am – 12:15 pm LUNCH AT NOON (\$6) 12:00 – 1:00 pm BINGO, CARDS & GAMES 1:30 – 2:30 pm UKULELE Level A (beginners) 12:45 – 1:45 pm UKULELE Level C 2:00 – 3:30 pm	9 FREE WILLS CLINIC By Appointment Only By Appointment Only CARDIO EXERCISE 10:00 – 11:30 am KARAOKE, SING-ALONG & MUSIC CLUB 11:35 am – 1:35 pm LUNCH AT NOON (\$6) 12:00 – 1:00 PM LINE DANCING 2:00 – 3:30 pm DROP–IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 – 3:00 pm **DAY TRIP: VANDUSEN** 1:30 pm – 4:00 pm	10 DROP-IN CLINIC W/MINISTRY OF SOCIAL DEVELOPMENT & POVERTY REDUCTION 10:00 am – 2:00 pm THANKSGIVING LUNCH First Serving 11:30 – 12:30 pm Second Serving 1:30 – 2:30 pm WALKING CLUB 2:00 pm
13 THANKSGIVING HOLIDAY CENTRE CLOSED	14 TAI-CHI STRETCHING 9:00 – 9:45 am LINE DANCING All Levels: 10:00 – 11:30 am LUNCH AT NOON (\$6) 12:00 – 1:00 PM COFFEE DROP-IN LEARN, ENGAGE AND CONNECT WORKSHOP: DEALING WITH STRESS By: Cosco 1:00 – 3:00 pm	15 STANDING YOGA W/CHAIR 10:00 – 10:55 am FRENCH CONVERSATION 10:00 –11:00am SPANISH CLASS (beginner) 11:10 am – 12:10 am SPANISH CONVERSATION 11:15 am – 12:15 pm LUNCH AT NOON (\$6) 12:00 – 1:00 pm BINGO, CARDS & GAMES 1:30 – 2:30 pm UKULELE Level A (beginners) 12:45 – 1:45 pm UKULELE Level C 2:00 – 3:30 pm	16 CARDIO EXERCISE 10:00 – 11:30 am BIRTHDAY CELEBRATION 10:00 am - 12:00 pm KARAOKE, SING-ALONG & MUSIC CLUB 11:35 am – 1:35 pm LUNCH AT NOON (\$6) 12:00 – 1:00 PM DROP–IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 – 3:00 pm RAINBOW CAFÉ (2SLGBTQ+) 1:30 – 3:00 PM LINE DANCING 2:00 – 3:30 pm	17 DANCE WORKOUT 11:00 – 12:30 pm DROP-IN 1-ON-1 TECH CAFE 11:00 – 2:00 pm LUNCH AT NOON (\$6) 12:00 – 1:00 pm GUITAR LESSONS 1:00 – 2:00 pm UKULELE SING-ALONG CIRCLE 2:30 – 3:30 pm DIGITAL LITERACY 8-SESSION COURSE (COMPUTER/TABLETS) – S3 2:30 – 3:30 pm WALKING CLUB 2:00 pm
20 TAI-CHI STRETCHING 9:00 - 10:30 am NEW - BREAKFAST BRUNCH 10:30 – 12:30 pm AFRO-LATINO DANCE GROUP 10:45 – 11:45 pm CHAIR YOGA 12:00 – 1:00 pm DROP-IN 1-ON-1 TECH CAFÉ 1:00 – 2:00 pm KNITTING & CROCHET 1:00 – 3:00 pm ENGLISH FOR BEGINNERS 1:30 – 3:00 pm M.E.L.T – 1:00 – 4:00 pm	21 TAI-CHI STRETCHING 9:00 – 9:45 am LINE DANCING All Levels: 10:00 – 11:30 am LUNCH AT NOON (\$6) 12:00 – 1:00 PM COFFEE DROP-IN LEARN, ENGAGE AND CONNECT WORKSHOP: MUSIC & HEALTHY BRAIN AGING By: Sarah Faber. SFU PhD student 1:00 – 3:00 pm	22 STANDING YOGA W/CHAIR 10:00 – 10:55 am FRENCH CONVERSATION 10:00 –11:00am SPANISH CLASS (beginner) 11:10 am – 12:10 am SPANISH CONVERSATION 11:15 am – 12:15 pm LUNCH AT NOON (\$6) 12:00 – 1:00 pm BINGO, CARDS & GAMES 1:30 – 2:30 pm UKULELE Level A (beginners) 12:45 – 1:45 pm UKULELE Level C 2:00 – 3:30 pm	23 CARDIO EXERCISE 10:00 – 11:30 am KARAOKE, SING-ALONG & MUSIC CLUB 11:35 am – 1:35 pm LUNCH AT NOON (\$6) 12:00 – 1:00 pm **DAY TRIP: VANDUSEN** 1:30 pm – 4:00 pm	24 DROP-IN CLINIC W/MINISTRY OF SOCIAL DEVELOPMENT & POVERTY REDUCTION 10:00 am – 2:00 pm DANCE WORKOUT 11:00 – 12:30 pm DROP-IN 1-ON-1 TECH CAFE 11:00 – 2:00 pm LUNCH AT NOON (\$6) 12:00 – 1:00 pm NEW - FLU CLINIC 10:00 – 2:00 pm UKULELE SING-ALONG CIRCLE 2:30 – 3:30 pm DIGITAL LITERACY 8-SESSION COURSE (COMPUTER/TABLETS) – S4 2:00 – 3:30 pm GUITAR LESSONS 1:00 – 2:00 pm ART WORKSHOP BY DIMASALANG III ARTIST GROUP 1:00 – 3:00 pm WALKING CLUB 2:00 pm
27 TAI-CHI STRETCHING 9:00 - 10:30 am AFRO-LATINO DANCE GROUP 10:45 – 11:45 pm BOOK CLUB 10:00 am – 12:00 pm CANASTA CARD GAME 12:00 – 3:00 pm CHAIR YOGA 12:00 – 1:00 pm DROP-IN 1-ON-1 TECH CAFÉ 1:00 – 2:00 pm KNITTING & CROCHET 1:00 – 3:00 pm ENGLISH FOR BEGINNERS 1:30 – 3:00 pm M.E.L.T – 1:00 – 4:00 pm	28 TAI-CHI STRETCHING 9:00 – 9:45 am LINE DANCING All Levels: 10:00 – 11:30 am LUNCH AT NOON (\$6) 12:00 – 1:00 PM COFFEE DROP-IN LEARN, ENGAGE AND CONNECT PHILOSOPHER CLUB TOPIC: DAY OF THE DEAD 1:00 – 3:00 pm	29 STANDING YOGA W/CHAIR 10:00 – 10:55 am FRENCH CONVERSATION 10:00 –11:00am NEW - FLU CLINIC 10:00 – 2:00 pm SPANISH CLASS (beginner) 11:10 am – 12:10 am SPANISH CONVERSATION 11:15 am – 12:15 pm LUNCH AT NOON (\$6) 12:00 – 1:00 pm BINGO, CARDS & GAMES 1:30 – 2:30 pm UKULELE Level A (beginners) 12:45 – 1:45 pm UKULELE Level C 2:00 – 3:30 pm DAY TRIP: BOWEN ISLAND (\$10)* 7:30 – 5:00 pm	30 CARDIO EXERCISE 10:00 – 11:30 am KARAOKE, SING-ALONG & MUSIC CLUB 11:35 am – 1:35 pm LUNCH AT NOON (\$6) 12:00 – 1:00 pm DROP–IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 – 3:00 pm LINE DANCING 2:00 –3:30 pm	31 DANCE WORKOUT 11:00 – 12:30 pm LUNCH AT NOON (\$6) 12:00 – 1:00 pm HALLOWEEN COSTUME PARTY 1:00 – 2:00 pm UKULELE SING-ALONG CIRCLE 2:30 – 3:30 pm DIGITAL LITERACY 8-SESSION COURSE (COMPUTER/TABLETS) - S5 2:00 – 3:30 pm GUITAR LESSONS 1:00 – 2:00 pm ART WORKSHOP BY DIMASALANG III ARTIST GROUP 1:00 – 3:00 pm WALKING CLUB 2:00 pm