

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOCIAL SATURDAY Saturday, October 31st 10:00 AM to 12:00 PM	411 COFFEE HOUSE FRIDAY, October 9th & 30th @ 7:30 PM DOORS OPEN AT 7:00 PM	OCT 14th MUNICIPAL ELECTIONS SPECIAL VOTING OPPORTUNITY 1:30-3:30 PM PROVINCIAL ELECTION ADVANCED VOTING from Friday, October 16th to Wednesday October 21st 8 am – 8 pm	1 NATIONAL SENIORS DAY CARDIO EXERCISE 10:00 am – 11:30 am CHESS CLUB 10:00 am – 12:00 pm BELLY DANCING 11:35 am – 12:45 pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM BEGINNER’S LINE DANCING 1:00 PM – 2:30 PM DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 pm – 3:00 pm	2 DANCE WORKOUT 11:00 am – 12:30 pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM 1-on-1 BASIC DIGITAL LITERACY–1:00 pm – 2:30 pm GUITAR LESSONS 1:00 pm – 2:00 pm UKULELE SING-ALONG CIRCLE 1:30 – 3:30 pm WALKING CLUB (\$1) STARTING AT 2 pm
5 TAI-CHI STRETCHING 9:10 am - 10:45 am BREAKFAST BRUNCH (\$6/\$8) 9:30 am - 11:00 am (NEW)STRENGTH EXERCISE (\$3) 10:50 – 11:50 am CHAIR YOGA 12:00 pm – 1:00 pm KNITTING 1:00 pm – 3:00 pm CANASTA CARD GAME (\$1) 12:00 pm – 3:00 pm ENGLISH FOR BEGINNERS 1:15 pm – 3:00 pm M.E.L.T (\$5) – 1:00 pm – 4:00 pm	6 TAI-CHI STRETCHING 9:10 am – 9:55 am SEWING CLASSES (\$3) 10:00 am – 12:00 pm LINE DANCING 10:00 am – 11:30 am LUNCH (\$6/\$8) 12:00 pm – 1:00 PM Tuesday Workshop: 1:00 pm – 3:00 pm Move and Groove by Transformative Healing Society	7 STANDING YOGA W/CHAIR 10:00 am – 11:00 am FRENCH CONVERSATION 10:00 am –11:00am SPANISH CONVERSATION 11:15 am – 12:15 pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM BINGO, CARDS & GAMES 1:15 pm – 3:00 pm SPANISH CLASS (beginners) 2:00 pm – 3:00 pm UKULELE Level C 2:15 pm – 3:45 pm	8 CARDIO EXERCISE 10:00 am – 11:30 am CHESS CLUB 10:00 am – 12:00 pm BELLY DANCING 11:35 am – 12:45 pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM BEGINNER’S LINE DANCING 1:00 PM – 2:30PM DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 pm – 3:00 pm	9 Thanksgiving Lunch 12:00 pm – 2:00 pm Registration cutoff date Monday 5th ALL PROGRAMS CANCELLED
12 THANKSGIVING HOLIDAY CENTRE CLOSED	13 TAI-CHI STRETCHING 9:10 am – 9:55 am SEWING CLASSES (\$3) 10:00 am – 12:00 pm LINE DANCING 10:00 am – 11:30 am LUNCH (\$6/\$8) 12:00 pm – 1:00 PM Tuesday Workshop: 1:00 pm – 3:00 pm Brain and Cognitive Training by COAST Mental Health	14 <u>MUNICIPAL ELECTIONS (SVO) HERE AT 411</u> <u>1:30 PM - 3:30 PM</u> STANDING YOGA W/CHAIR 10:00 am – 11:00 am FRENCH CONVERSATION 10:00 am –11:00am SPANISH CONVERSATION 11:15 am – 12:15 pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM BINGO, CARDS & GAMES 1:15 pm – 3:00 pm SPANISH CLASS (beginners) 2:00 pm – 3:00 pm UKULELE Level B 1:00 pm – 2:00 pm UKULELE Level C 2:15 pm – 3:45 pm	15 CARDIO EXERCISE 10:00 am – 11:30 am CHESS CLUB 10:00 am – 12:00 pm BELLY DANCING 11:35 am – 12:45 pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM BEGINNER’S LINE DANCING 1:00 PM – 2:30 PM DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 pm – 3:00 pm	16 <u>PROVINCIAL ELECTION VOTING 8AM - 8PM</u> DANCE WORKOUT- CANCELLED 1-on-1 BASIC DIGITAL LITERACY–1:00 pm – 2:30 pm GUITAR LESSONS 1:00 pm - 2:00 pm UKULELE SING-ALONG CIRCLE 1:30 – 3:30 pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM WALKING CLUB (\$1) STARTING AT 2 pm
19 <u>PROVINCIAL ELECTION VOTING 8AM - 8PM</u> TAI-CHI STRETCHING <u>CANCELLED</u> BREAKFAST BRUNCH (\$6/\$8) 9:30 am - 11:00 am (NEW) STRENGTH EXERCISE <u>CANCELLED</u> CHAIR YOGA <u>CANCELLED</u> KNITTING 1:00 pm – 3:00 pm M.E.L. T (\$5) – 1:00 pm – 4:00 pm ENGLISH FOR BEGINNERS 1:15 pm – 3:00 pm	20 <u>PROVINCIAL ELECTION VOTING 8AM - 8PM</u> TAI-CHI STRETCHING <u>CANCELLED</u> SEWING CLASSES (\$3) 10:00 am – 12:00 LINE DANCING <u>CANCELLED</u> FLU CLINIC (FREE) 10:30 AM – 1:00 PM LUNCH (\$6/\$8) 12:00 pm – 1:00 PM Tuesday Workshop: 1:00 pm – 3:00 pm Multicultural Celebration (Music, Dance, Stories, etc.) by Cora Medina	21 <u>PROVINCIAL ELECTION VOTING 8AM - 8PM</u> STANDING YOGA W/CHAIR <u>CANCELLED</u> FRENCH CONVERSATION 10:00 am –11:00am SPANISH CONVERSATION 11:15 am – 12:15 pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM BINGO, CARDS & GAMES 1:15 pm – 3:00 pm SPANISH CLASS (beginners) 2:00 pm – 3:00 pm UKULELE Level B <u>CANCELLED</u> UKULELE Level C <u>CANCELLED</u>	22 CARDIO EXERCISE 10:00 am – 11:30 am CHESS CLUB 10:00 am – 12:00 pm BELLY DANCING 11:35 am – 12:45 pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM BEGINNER’S LINE DANCING 1:00 PM – 2:30PM DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 pm – 3:00 pm	23 DANCE WORKOUT 11:00 am – 12:30 pm 1-on-1 BASIC DIGITAL LITERACY–1:00 pm – 2:30 pm GUITAR LESSONS 1:00 pm – 2:00 pm UKULELE SING-ALONG CIRCLE 1:30 – 3:30 pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM WALKING CLUB (\$1) STARTING AT 2 pm
26 TAI-CHI STRETCHING 9:10 am - 10:45 am (NEW) STRENGTH EXERCISE (\$3) 10:50 – 11:50 am CHAIR YOGA 12:00 pm – 1:00 pm BOOK CLUB 10:00 am – 12:00 pm CANASTA CARD GAME (\$1) 12:00 pm–3:00pm M.E.L. T (\$5) – 1:00 pm – 4:00 pm KNITTING 1:00 pm – 3:00 pm ENGLISH FOR BEGINNERS 1:15 pm – 3:00 pm	27 TAI-CHI STRETCHING 9:10 am – 9:55 am SEWING CLASSES (\$3) 10:00 am – 12:00 pm LINE DANCING 10:00 am – 11:30 am LUNCH (\$6/\$8) 12:00 pm – 1:00 PM Tuesday Workshop: 1:00 pm – 3:00 pm Philosophers Café	28 STANDING YOGA W/CHAIR 10:00 am – 11:00 am FRENCH CONVERSATION 10:00 am –11:00am SPANISH CONVERSATION 11:15 am – 12:15 pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM BINGO, CARDS & GAMES 1:15 pm – 3:00 pm SPANISH CLASS (beginners) 2:00 pm – 3:00 pm UKULELE Level B 1:00 pm – 2:00 pm UKULELE Level C 2:15 pm – 3:45 pm	29 CARDIO EXERCISE 10:00 am – 11:30 am CHESS CLUB 10:00 am – 12:00 pm BELLY DANCING 11:35 am – 12:45 pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM BEGINNER’S LINE DANCING 1:00 PM – 2:30 PM DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 pm – 3:00 pm	30 DANCE WORKOUT 11:00 am – 12:30 pm 1-on-1 BASIC DIGITAL LITERACY–1:00 pm – 2:30 pm GUITAR LESSONS 1:00 pm – 2:00 pm UKULELE SING-ALONG CIRCLE 1:30 – 3:30 pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM HALLOWEEN COSTUME PARTY 1:15- 2:30PM WALKING CLUB (\$1) STARTING AT 2 pm