

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:00 Forever Young Strength (CA) 11:15 Fairview Fit (CA) 1:00 TRX (CA) 2:00 Drum Jam (CA) 3:15 Bean Bag Baseball (CA) 6:30 Golf card game (CCR3) 7:00 Euchre (CCR3) FOOD DRIVE STARTS Oct.1-10 Yom Kippur Begins	9:30 Yarn & Thread Club (CCR1) 9:45 Keep Fit (CA) 11:00 Chair Yoga (CA) 1:00 Bus: Groceries & Dollarama 1:30 Courts Exercise (FC) 1:30 Crafts (CCR1) 7:00 Cribbage (CCR3)	9:00 Bowling (B) 11:15 Fairview Fit (CA) 1:00 TRX (CA) 2:00 Yoga (CA) 7:00 Crokinole (CCR3)	
10:30 Preston Mennonite Church Live Stream (BDR) 10:30 Salvation Army Worship Service (CA) 6:30 Golf card game (CCR3)	9:00 Bowling (B) 10:00 Bingo (CA) 10:00 Forever Young Strength (CCR3) 11:15 Fairview Fit (CA) 2:00 Bible Study (CCR3) 2:00 Victor - Oktoberfest Accordion (CA) 6:30 Golf card game (3FL) 7:00 Yahtzee (CCR3) Sukkot	9:45 Keep Fit (CA) 11:00 Chair Yoga (CA) 1:30 Courts Exercise (FC) 1:30 Crafts (CCR1) 2:30 Choir practice (CA) 7:00 Rook (CCR3)	10:00 Forever Young Strength (CA) 11:15 Fairview Fit (CA) 1:00 TRX (CA) 2:00 Drum Jam (CA) 3:15 Bean Bag Baseball (CA) 6:30 Golf card game (CCR3) 7:00 Euchre (CCR3)	9:30 Yarn & Thread Club (CCR1) 9:45 Keep Fit (CA) 11:00 Chair Yoga (CA) 1:30 Courts Exercise (FC) 1:30 Crafts (CCR1) 7:00 Cribbage (CCR3)	9:00 Bowling (B) 10:15 Chapel (CA) 11:15 Fairview Fit (CA) 1:00 TRX (CA) 2:00 Yoga (CA) 7:00 Crokinole (CCR3) World Mental Health Day	11 If you have any questions please contact: Jenn , Programs & Volunteers: Ext. 4601 Niamh , Spiritual Care: Ext. 4250 Theo & Kevin , Pool: Ext. 4604 Sue & Kevin , Fitness: Ext. 4605
10:30 Preston Mennonite Church Live Stream (BDR) 10:30 Salvation Army Worship Service (CA) 6:30 Golf card game (CCR3)	6:30 Golf card game (3FL) 7:00 Yahtzee (CCR3)  Thanksgiving Day (Canada) Indigenous Peoples' Day	9:30 Kindred Credit Union (LIB) 9:45 Keep Fit (CCR3) 11:00 Chair Yoga (CCR3) 1:30 Courts Exercise (FC) 1:30 Crafts (CCR1) 2:30 Choir practice (CCR3) 2:30 Wellness Warriors (3FL) 7:00 Rook (CCR3) Simchat Torah Begins	10:00 Forever Young Strength (CCR3) 11:15 Fairview Fit (CCR3) 11:30 Roman Catholic Communion (LTC-AR) 1:00 TRX (CCR3) 2:00 Drum Jam (CCR3) 6:30 Golf card game (CCR3) 7:00 Euchre (CCR3)	9:30 Yarn & Thread Club (CCR1) 9:45 Keep Fit (CCR3) 11:00 Chair Yoga (CCR3) 1:00 Bus: Giant Tiger & Shoppers 1:30 Courts Exercise (FC) 1:30 Crafts (CCR1) 7:00 Cribbage (CCR3)	9:00 Bowling (B) 11:15 Fairview Fit (CCR3) 1:00 TRX (CCR3) 2:00 Yoga (CCR3) 7:00 Crokinole (CCR3)	
10:30 Preston Mennonite Church Live Stream (BDR) 10:30 Salvation Army Worship Service (CA) 6:30 Golf card game (CCR3) Bharatanatyam Indian Dance Performance (CA) 7:00 Hymn Sing with Eagle St. Fellowship (CA)	9:00 Bowling (B) 10:00 Bingo (CA) 10:00 Forever Young Strength (CCR3) 11:15 Fairview Fit (CA) 2:00 Bible Study (CCR3) 6:30 Golf card game (3FL) 7:00 Yahtzee (CCR3) Diwali	9:45 Keep Fit (CA) 11:00 Chair Yoga (CA) 1:30 Courts Exercise (FC) 1:30 Crafts (CCR1) 2:00 Musical guest: Jackie Grange (CA) 2:30 Choir practice (CCR3) 7:00 Rook (CCR3)	10:00 Forever Young Strength (CA) 11:15 Fairview Fit (CA) 1:00 TRX (CA) 2:00 Drum Jam (CA) 3:15 Bean Bag Baseball (CA) 6:30 Golf card game (CCR3) 7:00 Euchre (CCR3)	9:30 St. Benedicts students (CCR1) & (CCR3) 9:45 Keep Fit (CA) 11:00 Chair Yoga (CA) 1:30 Courts Exercise (FC) 1:30 Crafts (CCR1) 7:00 Cribbage (CCR3)	9:00 Bowling (B) 10:30 Chapel Memorial Service (CA) 11:15 Fairview Fit (CCR3) 1:00 TRX (CA) 2:00 Yoga (CA) 7:00 Crokinole (CCR3)	25 Legend : B - Basement CA - Centre Auditorium CCR - Centre Craft Rooms 1,2,3 CDR - Centre Dining Room FIT - Fitness Room LIB - Library 3FL - 3rd Floor Lounge BDR - Boardroom by Reception
10:30 Preston Mennonite Church Live Stream (BDR) 10:30 Salvation Army Worship Service (CA) 6:30 Golf card game (CCR3)	9:00 Bowling (B) 10:00 Bingo (CA) 10:00 Forever Young Strength (CCR3) 11:15 Fairview Fit (CA) 2:00 Bible Study (CCR3) 6:30 Golf card game (3FL) 7:00 Yahtzee (CCR3)	9:30 Kindred Credit Union (LIB) 9:45 Keep Fit (CA) 11:00 Chair Yoga (CA) 1:00 Will & Estate planning (CCR3) 1:30 Courts Exercise (FC) 1:30 Crafts (CCR1) 2:30 Choir practice (CA) 7:00 Rook (CCR3)	10:00 Forever Young Strength (CA) 11:15 Fairview Fit (CA) 1:00 TRX (CA) 2:00 Drum Jam (CA) 3:15 Bean Bag Baseball (CA) 6:30 Golf card game (CCR3) 7:00 Euchre (CCR3)	9:30 Yarn & Thread Club (CCR1) 9:45 Keep Fit (CA) 11:00 Chair Yoga (CA) 1:00 Bus: Giant Tiger & Shoppers 1:30 Courts Exercise (FC) 1:30 Crafts (CCR1) 7:00 Cribbage (CCR3)	9:00 Bowling (B) 10:15 Chapel (CA) 11:15 Fairview Fit (CA) 1:00 TRX (CA) 2:00 Yoga (CA) 2:00 Halloween Party!! Musical guest Jeff Poolton (CA) 7:00 Crokinole (CCR3) Halloween	