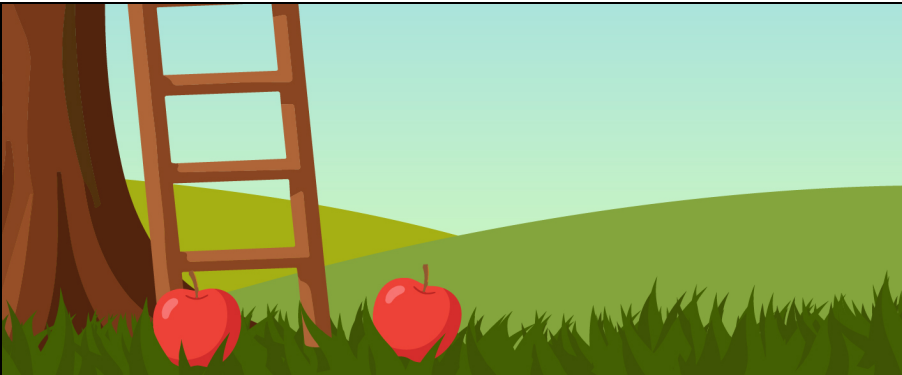


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30 Kindred Credit Union (LIB) 9:45 Keep Fit (CA) 11:00 Chair Yoga (CA) 1:30 Crafts (CCR1) 4:00 Rosary (ISS) 6:30 Rook (CCR3)	10:00 Forever Young Strength (CA) 11:00 Fairview Fit (CA) 1:00 TRX (CA) 3:15 Bean Bag Baseball (CA) 6:30 Golf card 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 Groceries & Dollarama 1:30 Crafts (CCR1) 6:30 Cribbage (CCR3)	9:00 Horseshoes (off FIT) 10:15 Chapel (CA) 11:00 Fairview Fit (CA) 1:00 TRX (CA) 2:00 Yoga (CA) 7:00 Crokinole (CCR3)	If you have any questions please contact: Jenn, Programs & Volunteers: Ext. 4601 Niamh, Spiritual Care: Ext. 4250 Sarah & Maja Pool: Ext. 4604 Sue & Maja Fitness: Ext. 4605
	10:30 Preston Mennonite Church Live Stream (BDR) 6:30 Golf card game (CCR3)	 HAPPY LABOUR DAY 6:30 Golf card game (3FL) 7:00 Yahtzee (CCR3)	9:45 Keep Fit (CA) 11:00 Chair Yoga (CA) 1:30 Crafts (CCR1) 4:00 Rosary (ISS) 6:30 Rook (CCR3)	10:00 Forever Young Strength (CCR3) 11:00 Fairview Fit (CCR3) 1:00 TRX (CCR3) 3:15 Bean Bag Baseball (CCR3) 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) 11:00 Out to lunch bunch 1:30 Crafts (CCR1) 6:30 Cribbage (CCR3)	9:00 Horseshoes (off FIT) 10:15 Chapel (CA) 11:00 Fairview Fit (CA) 1:00 TRX (CA) 2:00 Yoga (CA) 7:00 Crokinole (CCR3) Rosh Hashanah Begins
	10:30 Preston Mennonite Church Live Stream (BDR) 6:30 Golf card game (CCR3)	10:00 Bingo (CA) 10:00 Forever Young Strength (CCR3) 11:00 Fairview Fit (CA) 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) 1:30 Crafts (CCR1) 3:00 Dementia Care Presentation (CCR3) 4:00 Rosary (ISS) 6:30 Rook (CCR3)	10:00 Forever Young Strength (CA) 11:00 Roman Catholic Communion (CCR3) 11:00 Fairview Fit (CA) 1:00 TRX (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) 10:00 Anglican Communion (3FL) 11:00 Chair Yoga (CA) 1:00 Bus Shoppers & Giant Tiger 1:30 Crafts (CCR1) 6:30 Cribbage (CCR3)	9:00 Horseshoes (off FIT) 10:15 Chapel (CA) 11:00 Fairview Fit (CA) 1:00 TRX (CA) 2:00 Yoga (CA) 7:00 Crokinole (CCR3)  Oktoberfest Begins
	10:30 Preston Mennonite Church Live Stream (BDR) 6:30 Golf card game (CCR3) 7:00 Hymn Sing (CA)	10:00 Bingo (CA) 10:00 Forever Young Strength (CCR3) 11:00 Fairview Fit (CA) 6:30 Golf card game (3FL) 7:00 Yahtzee (CCR3)	9:45 Keep Fit (CA) 11:00 Chair Yoga (CA) 1:30 Wedges & Wood Mini Golf 1:30 Crafts (CCR1) 4:00 Rosary (ISS) 6:30 Rook (CCR3)	10:00 Forever Young Strength (CA) 11:00 Fairview Fit (CA) 1:00 TRX (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) 12:00 Out to lunch bunch 1:30 Crafts (CCR1) 6:30 Cribbage (CCR3)	9:00 Horseshoes (off FIT) 10:15 Chapel (CA) 11:00 Fairview Fit (CA) 1:00 TRX (CA) 2:00 Yoga (CA) 7:00 Crokinole (CCR3) Sukkot Begins
	Yom Kippur Begins	World Alzheimer's Day	Autumn Begins 			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 ISS - Interfaith Sacred space
10:30 Preston Mennonite Church Live Stream (BDR) 6:30 Golf card game (CCR3)	10:00 Bingo (CA) 10:00 Forever Young Strength (CCR3) 11:00 Fairview Fit (CA) 6:30 Golf card game (3FL) 7:00 Yahtzee (CCR3)	9:30 Kindred Credit Union (LIB) Cancelled 9:45 Keep Fit (CA) 11:00 Chair Yoga (CA) 1:30 Crafts (CCR1) 2:00 Coffee Club (CDR) 4:00 Rosary (ISS) 6:30 Rook (CCR3)	10:00 Forever Young Strength (CA) 11:00 Fairview Fit (CA) 1:00 TRX (CA) 3:15 Bean Bag Baseball (CA) 6:30 Golf card game (CCR3) 7:00 Euchre (CCR3) National Day for Truth and Reconciliation 			