



DATES	ACTIVITIES
Tuesdays October 6, 13, 20, 27 12:00-3:45 1:00 3:00 1:00-2:00	Open 12:00p.m. – 4:00p.m. • Crafting for Community – Learn/join in, crocheting & knitting • Music with Friends • Fitness Chair Zumba & Balance
Wednesdays October 7, 14, 21, 28 9:30 – 11:30 10:00 – 11:00 10:00 – 11:00 11:10 – 11:50	Open 9:30a.m. – 12:00p.m. • Bridge for Everyone - Learn & Play • Music with AVA & Friends • Fitness Strength & Stretch • Fitness Drum Fit with Waterside's Jen
Thursdays October 1*,8*,15*,22,29 12:00 – 3:45 1:00-2:00 1:00 – 3:00 2:15 – 3:15	Open 12:00p.m. – 4:00p.m. • Crafting for Community – Learn/join in, crocheting & knitting • Fitness Strong & Steady • Chess Learn & Play • Line Dancing with Debbie
OCTOBER SPECIAL EVENTS *Thursday, October 1st 2:15 – 3:45 *Thursday, October 8th 2:15 – 3:45 *Thursday, October 15th 2:15 – 3:45	➤ Dementia Friendly Community Support presented by Robin Hull ➤ Thanksgiving Table Centrepiece Workshop with Linda Barlett from the CP Horticultural Society ➤ Artificial Intelligence (AI) without the Hype. A panel discussion lead by Tara Holland



Open 9:30am-3:00pm



DATES		ACTIVITIES	COST (where applicable)
Friday, October 2nd	9:30-12:00	Mahjong - Play and/or learn how to play - The Art of Water Colour (Intermediate)	Bring own materials
	9:30 -10:30	Darts - Play and/or learn how to play Meditation for Relationships	
	10:30 - 11:30	Cornhole	
	11:45-12:25	Line Dancing for everyone	\$2 for Euchre
	12:30-3:00	Euchre and Mahjong	
	1:30-2:15	Fitness Chair Exercises with Dr. Legate	
Friday, October 9th		CLOSED FOR THE THANKSGIVING WEEKEND	
Friday, October 16th	9:30-12:00	Mahjong - Play and/or learn how to play - The Art of Water Colour (Intermediate)	Bring own materials
	9:30 -10:30	Darts - Play and/or learn how to play Meditation for Relationships	
	10:30 - 11:30	Cornhole	
	11:45-12:25	Line Dancing for everyone	\$2 for Bingo & Euchre
	12:30-3:00	Bingo, Euchre and Mahjong	
	1:30-2:15	Fitness Chair Exercises with Dr. Legate	
Friday, October 23rd	9:30-12:00	Craft – Diamond Art with Angela Mahjong - Play and/or learn how to play - The Art of Water Colour (Intermediate)	Bring own materials
	9:30 -10:30	Darts - Play and/or learn how to play Meditation for Relationships	
	10:30 - 11:00	Cornhole	
	11:15 - 12:15	The Lunch Bunch- chili, cornbread, pumpkin cheesecake	\$7 per serving prepaid upon sign up
	11:45-12:25	Line Dancing for everyone	
	12:30-3:00	Euchre and Mahjong	
Friday, October 30th	1:30-2:15	Fitness Chair Exercises with Dr. Legate	
	9:30-12:00	Mahjong - Play and/or learn how to play - The Art of Water Colour (Intermediate)	
	9:30 -10:30	Darts - Play and/or learn how to play Meditation for Relationships	
	10:30 - 11:30	Cornhole	Sign up sheet
	11:30 – 12:30	Hallowe'en Activities Touch & Taste/Costume Judging/Craft	
	11:45-12:25	Line Dancing for everyone	
	12:30-3:00	Euchre and Mahjong	\$2 for Euchre
	1:30-2:15	Fitness Chair Exercises with Dr. Legate	