




Head Office:  
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# OCTOBER 2024



Community Room  
259 Boulevard D'Anjou  
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| SUNDAY    | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  |
|-----------|--|---|--|---|--|-----------|
|           |  | <b>01</b><br>10:00-1:00 Blair's Apple Picking<br>                | <b>02</b><br>9:00-10:00am: Yoga<br>9:30-11:00am: Wacky Walkers<br>1:00-3:00pm: Drop-in & Crop<br>4:30-5:30pm: Yoga   | <b>03</b><br>10:00-11:30am: Cross-stitching with Donnelda<br>4:30-6:30pm: French conversation | <b>04</b><br>10:00-12:00pm: Knitting Group   | <b>05</b> |
| <b>06</b> | <b>07</b><br>9:15-10:45am: Bowling League<br>9:30-11:00am: Happy laps<br>11:30-1:00pm: Coloring Cafe<br>1:00-3:00pm: Grief Group         | <b>08</b><br>10:00-11:30am: Learning Exchange with Keith Leclaire   | <b>09</b><br>9:00-10:00am: Yoga<br>9:30-11:00am: Wacky Walkers<br>1:00-3:00pm: Drop-in & Crop<br>4:30-5:30pm: Yoga   | <b>10</b><br>10:00-11:30am: Cross-stitching with Donnelda<br>4:30-6:30pm: French conversation | <b>11</b><br>10:00-12:00pm: Knitting Group   | <b>12</b> |
| <b>13</b> | <b>14</b><br>Office Closed<br>Thanksgiving Monday<br> | <b>15</b><br>10:00-11:30am: Coffee & Conversation<br>11:30-2:00pm: Art with Ilana<br>7:00-8:30pm: French Class Beginner & French Class Intermediate | <b>16</b><br>9:00-10:00am: Yoga<br>9:30-11:00am: Wacky Walkers<br>10:30-12:30pm: Celiac Lunch and Learn<br>1:00-3:00pm: Drop-in & Crop<br>1:00-2:30pm: Decorating for Halloween<br>4:30-5:30pm: Yoga | <b>17</b><br>10:00-11:30am: Cross-stitching with Donnelda<br>4:30-6:30pm: French conversation | <b>18</b><br>10:00-12:00pm: Knitting Group<br>4:00-6:00pm: Tek Talk with Jacob             | <b>19</b> |
| <b>20</b> | <b>21</b><br>9:15-10:45am: Bowling League<br>9:30-11:00am: Happy laps<br>11:30-1:00pm: Coloring Cafe<br>1:00-3:00pm: Grief Group         | <b>22</b><br>12:30-3:30pm: Card Making with Kathy<br>7:00-8:30pm: French Class Beginner & French Class Intermediate (Zoom)                          | <b>23</b><br>9:00-10:00am: Yoga<br>9:30-11:00am: Wacky Walkers<br>1:00-3:00pm: Drop-in & Crop<br>4:30-5:30pm: Yoga   | <b>24</b><br>10:00-11:30am: Cross-stitching with Donnelda<br>4:30-6:30pm: French conversation | <b>25</b><br>10:00-12:00pm: Knitting Group<br>1:30-3:30pm: Anxiety & Depression Conference | <b>26</b> |
| <b>27</b> | <b>28</b><br>9:15-10:45am: Bowling League<br>9:30-11:00am: Happy laps<br>11:30-1:00pm: Coloring Cafe<br>1:00-3:00pm: Grief Group         | <b>29</b><br>10:00-11:30am: Coffee & Conversation<br>1:00-2:30pm: Bingo<br>7:00-8:30pm: French Class Beginner & French Class Intermediate (Zoom)    | <b>30</b><br>9:00-10:00am: Yoga<br>9:30-11:00am: Wacky Walkers<br>11:00-12:00pm: Decorating Pumpkins<br>1:00-3:00pm: Drop-in & Crop<br>4:30-5:30pm: Yoga   | <b>31</b><br>10:00-11:30am: Cross-stitching with Donnelda<br>4:30-6:30pm: French conversation |       |           |