



OCTOBER



MWCN
Huntingdon
 72 Dalhousie, Suite 201
 450-264-3596



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI	SAT
				1 1-3:30 pm: Pickleball (HAECC) 1:30-3:30 pm: Bingo 	2	3
4	5 10-11 am: French Conversation 11-11:45 am: Safe Senior Exercises 1-3:30 pm: Pickleball (HAECC)	6 9-10 am: Walking group 1-3 pm: Busy Brains 1-4 pm: Caregiving Before Exhaustion (Registration required)	7 10-11 am: Chair Tai Chi 10-11:45 am: Conversation Café 1-3 pm: Creative Cafe 6-8 pm: Pickleball (Heritage)	8 1-3:30 pm: Pickleball (HAECC) 1:30-3:30 pm: Bingo	9	10
11		13 9-10 am: Walking group 10-11:30 am: Digital workshop-connection in relation to mental health 1-3 pm: Busy Brains 1-4 pm: Caregiving Before Exhaustion (Registration required)	14 10-11 am: Chair Tai Chi 10-11:45 am: Conversation Café 1-3 pm: Creative Cafe 6-8 pm: Pickleball (Heritage)	15 10-12: Cribbage and Chess - Ormstown Legion 1-3:30 pm: Pickleball (HAECC) 1:30-3:30 pm: Bingo	16	17 10:30 - 11:30 am: Book Reading & Craft Morning for kids 4+ (Little Green Library)
18	19 10-11 am: French Conversation 11-11:45 am: Safe Senior Exercises 1-3:30 pm: Pickleball (HAECC)	20 9-10 am: Walking group 1-3 pm: Busy Brains 1-4 pm: Caregiving Before Exhaustion (Registration required)	21 10-11 am: Chair Tai Chi 10-11 am: SHARP (Hybrid) 10-11:45 am: Conversation Café 1-3 pm: Creative Cafe 6-8 pm: Pickleball (Heritage)	22 	23	24
25	26 10-11 am: French Conversation 11-11:45 am: Safe Senior Exercises 1-3:30 pm: Pickleball (HAECC)	27 9-10 am: Walking group 1-3 pm: Busy Brains 1-4 pm: Caregiving Before Exhaustion (Registration required)	28 10-11 am: Chair Tai Chi 10-11:45 am: Conversation Café 1-3 pm: Creative Cafe 6-8 pm: Pickleball (Heritage)	29 10-12 pm: World Stroke Day Presentation-Ormstown Legion 1-3:30 pm: Pickleball (HAECC) 1:30-3:30 pm: Bingo	30	31 