



































Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
 <b>NO SECOND HARVEST</b> 1pm Stitches Club  2pm Seniors Exercise 3pm Seniors Exercise 3pm Computer 101		10am ESL Lessons 11am Arts & Crafts  12pm Seniors Exercise** 230pm Bingo** 330pm Karaoke & Dance**	10am Smartphone Support <b>11am Workshop – Making Repairs</b>  1pm Computer 101 230pm Movie Screening		11am Chair Yoga 1230pm Seniors Exercise  	
8	9	10	11	12	13	14
	<b>Closed Thanksgiving</b>	10am ESL Lessons 11am Arts & Crafts  12pm Seniors Exercise 230pm Bingo 330pm Karaoke & Dance	10am Smartphone Support <b>11am Workshop – Living &amp; Ending Well: Grief</b>  1pm Computer 101 230pm Movie Screening		11am Falls Prevention Brain Boost (formerly Zumba) 1230pm Seniors Exercise <b>130pm PGAF Lunch \$7</b> 	
15	16	17	18	19	20	21
 1130am Second Harvest  1pm Stitches Club 2pm Seniors Exercise 3pm Seniors Exercise 3pm Computer 101		10am ESL Lessons 11am Arts & Crafts  12pm Seniors Exercise 230pm Bingo 330pm Karaoke & Dance	10am Smartphone Support 11am Coffee Time & Games 1pm Computer 101 230pm Movie Screening		11am Chair Yoga 1230pm Seniors Exercise  	
22	23	24	25	26	27	28
 1130am Second Harvest  1pm Stitches Club 2pm Seniors Exercise 3pm Seniors Exercise 3pm Computer 101		10am ESL Lessons 11am Arts & Crafts  12pm Seniors Exercise 230pm Bingo 330pm Karaoke & Dance	10am Smartphone Support 11am Coffee Time & Games 1pm Computer 101 <b>230pm Pumpkin Carving</b>			
29	30	31				
 1130am Second Harvest  1pm Stitches Club 2pm Seniors Exercise 3pm Seniors Exercise 3pm Computer 101		10am ESL Lessons 11am Arts & Crafts  12pm Seniors Exercise <b>230pm Halloween Dance</b>				

**\*\* Afternoon Activities on October 3, 2023 will be held in 77 Rankin Recreation Room**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
			 10am Second Harvest Distribution 1pm Seniors Exercise 2pm Stitches Club 3pm Computer 101	 	10am ESL Lessons <b>11am Workshop – Diet &amp; Mental Health</b> 1pm Chair Yoga 2pm Bingo 3pm Computer 101	
8	9	10	11	12	13	14
	<b>Thanksgiving Centre Closed</b>		 10am Second Harvest Distribution 1pm Seniors Exercise 2pm Stitches Club 3pm Computer 101	 	10am ESL Lessons 11am Table Games 1pm Falls Prevention Brain Boost (formerly Zumba) 2pm Bingo 3pm Computer 101	
15	16	17	18	19	20	21
			 10am Second Harvest Distribution 1pm Seniors Exercise 2pm Stitches Club 3pm Computer 101	 	10am ESL Lessons <b>11am Workshop – Living &amp; Ending Well: Grief</b> 1pm Chair Yoga 2pm Bingo 3pm Computer 101	
22	23	24	25	26	27	28
			 10am Second Harvest Distribution 1pm Seniors Exercise 2pm Stitches Club 3pm Computer 101	 	10am ESL Lessons <b>11am Pumpkin Carving</b> <b>230pm Halloween Dance</b>	
29	30	31				