



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<u>1</u> 10:00 am Exercises  <b>Flu Clinic</b> 2:00-6:00 p.m.  5:00 pm Meal Program 7:00 pm Arthritis Support	<u>2</u> 9:30 am Floor Exercises 10:00 am Exercises 1:30 pm Sip & Stitch 1:30 pm Grief Support	<u>3</u> 1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night	<u>4</u>
<u>5</u> 1:00 pm Bingo	<u>6</u> 10:00 am Exercises 1:30 pm Floor Games  <b>Introduction to Meditation</b> 7:00 p.m.	<u>7</u> 9:30 am Floor Exercises 10:00 am Exercises 1:00 pm Quilting 1:30 pm Scrabble/Colouring 1:30 pm Floor Games 5:00 pm Meal Program 7:00 pm 500 Card Party	<u>8</u> 10:00 am Exercises 5:00 pm Meal Program  Dauphin Multi-Purpose Senior Centre <b>Fall General Meeting</b> 1:30 p.m.  <b>Chase the Chill</b> 7:00 p.m.	<u>9</u> 9:30 am Floor Exercises 10:00 am Exercises 1:30 pm Sip & Stitch  <b>Flu Clinic</b> 10:00-4:00 p.m.	<u>10</u> 1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night	<u>11</u> 
<u>12</u> 1:00 pm Bingo	<u>13</u> 10:00 am Exercises 1:30 pm Floor Games	<u>14</u> 9:30 am Floor Exercises 10:00 am Exercises 1:00 pm Quilting 1:30 pm Scrabble/Colouring 1:30 pm Floor Games 5:00 pm Meal Program 7:00 pm 500 Card Party	<u>15</u> 10:00 am Exercises 5:00 pm Meal Program  <b>Dinner &amp; Movie at the centre</b> "Golden Years" Dinner 5:00 Movie 6:15	<u>16</u> 9:30 am Floor Exercises 10:00 am Exercises 1:30 pm Sip & Stitch	<u>17</u> 1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night	<u>18</u>
<u>19</u> 1:00 pm Bingo	<u>20</u> 10:00 am Exercises 1:30 pm Floor Games 7:00 pm Mood Disorder Support	<u>21</u> 9:30 am Floor Exercises 10:00 am Exercises 1:00 pm Quilting 1:30 pm Scrabble/Colouring 1:30 pm Floor Games 5:00 pm Meal Program 7:00 pm 500 Card Party	<u>22</u> 10:00 am Exercise 5:00 pm Meal Program  <b>Chase the Chill</b> 7:00 p.m.	<u>23</u> 9:30 am Floor Exercises 10:00 am Exercises 1:30 pm Sip & Stitch	<u>24</u> 1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night	<u>25</u> <b>Festive Fair</b> 10:00 a.m. to 3:00 p.m.
<u>26</u> 1:00 pm Bingo	<u>27</u> 10:00 am Exercises 1:30 pm Floor Games	<u>28</u> 9:30 am Floor Exercises 10:00 am Exercises 1:00 pm Quilting 1:30 pm Scrabble/Colouring 1:30 pm Floor Games 5:00 pm Meal Program	<u>29</u> 10:00 am Exercise 5:00 pm Meal Program	<u>30</u> 9:30 am Floor Exercises 10:00 am Exercises 1:30 pm Sip & Stitch	