

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><u>1</u></p> <p>9:00 am Qi Gong 10:00 am Exercises</p>	<p><u>2</u></p> <p>9:30 am Floor Exercises 10:00 am Exercises 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program</p>	<p><u>3</u></p> <p>9:00 am Qi Gong 10:00 am Exercises 1:00 pm Arthritis Support Group 5:00 pm Meal Program</p>	<p><u>4</u></p> <p>9:30 am Floor Exercises 10:00 am Exercises 1:30 pm Sip & Stitch 1:30 pm Sit & Paint 1:30 pm Grief Support</p>	<p><u>5</u></p> <p>1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night</p>	<p><u>6</u></p>
<p><u>7</u></p>  <p>1:00 pm</p>	<p><u>8</u></p> <p>Centre is Closed Happy Thanksgiving</p>	<p><u>9</u></p> <p>9:30 am Floor Exercises 10:00 am Exercises 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program 7:00 pm Family Support ...for family & friends of individuals who have mental illness.</p>	<p><u>10</u></p> <p>9:00 am Qi Gong 10:00 am Exercises 5:00 pm Meal Program 6:00 pm National Film Board Memento Mori 7:00 pm Chase the Chill</p>	<p><u>11</u></p> <p>9:30 am Floor Exercises 10:00 am Exercises 11:30 am Cyber Seniors 1:30 pm Sip & Stitch 1:30 pm Sit & Paint DMPSC Photo Album updating with Scrapbooking. 1:30 pm</p>	<p><u>12</u></p> <p>1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night</p>	<p><u>13</u></p>
<p><u>14</u></p>  <p>1:00 pm</p>	<p><u>15</u></p> <p>9:00 am Qi Gong 10:00 am Exercises 7:00 pm Mood Disorder Support</p>	<p><u>16</u></p> <p>9:30 am Floor Exercises 10:00 am Exercises 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program</p>	<p><u>17</u></p> <p>9:00 am Qi Gong 10:00 am Exercises 5:00 pm Meal Program 1:30 pm Parkinson's Presentation Dinner & Movie "Downsizing" Dinner 5:00 Movie 6:15</p>	<p><u>18</u></p> <p>9:30 am Floor Exercises 10:00 am Exercises 1:30 pm Sip & Stitch 1:30 pm Sit & Paint DMPSC Photo Album updating with Scrapbooking. 1:30 pm</p>	<p><u>19</u></p> <p>1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night</p>	<p><u>20</u></p>
<p><u>21</u></p>  <p>1:00 pm</p>	<p><u>22</u></p> <p>9:00 am Qi Gong 10:00 am Exercises Halloween Dance 7:00-9:00 pm</p>	<p><u>23</u></p> <p>9:30 am Floor Exercises 10:00 am Exercises 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program</p>	<p><u>24</u></p> <p>9:00 am Qi Gong 10:00 am Exercises 5:00 pm Meal Program 6:00 pm National Film Board Gulestan, Land of Roses 7:00 pm Chase the Chill</p>	<p><u>25</u></p> <p>9:30 am Floor Exercises 10:00 am Exercises 11:30 am Cyber Seniors 1:30 pm Sit & Paint 1:30 pm Sip & Stitch DMPSC Photo Album updating with Scrapbooking. 1:30 pm</p>	<p><u>26</u></p> <p>1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night</p>	<p><u>27</u></p>
<p><u>28</u></p>  <p>1:00 pm</p>	<p><u>29</u></p> <p>10:00 am Exercises</p>	<p><u>30</u></p> <p>9:30 am Floor Exercises 10:00 am Exercises 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program</p>	<p><u>31</u></p> <p>10:00 am Exercises 5:00 pm Meal Program</p> 			