















October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00 Massage Clinic 10:30 Open Circuit Workout 11:30 Lunch Program	2 11:30 Lunch Program 1:00 Low Vision Support Group - Guest Speaker Dr. Ana Juricic	3 11:15 Musical Memories - Italian Music 11:30 Lunch Program 	4 11:30 Lunch Program 	5 9:00 Grocery Shopping 11:30 Lunch Program 	6 9:30 Open Circuit Workout 
7	8 Centre Closed Thanksgiving  Happy Thanksgiving	9 9:00 Reflexology Clinic 11:30 Lunch Program	10 8:45 Foot Clinic 11:30 Lunch Program 	11 11:30 Lunch Program	12 10:00 Van Trip - Butterfly Conservatory 11:30 Lunch Program 	13 9:00 Walk-a-thon 9:30 Open Circuit Workout 
14	15 10:30 Open Circuit Workout 11:30 Lunch Program	16 11:30 Lunch Program	17 11:30 Lunch Program 	18 9:30 Diabetes Clinic 11:30 Lunch Program	19 9:00 Grocery Shopping 10:00 Van Trip - Springridge Farm 11:30 Lunch Program	20 9:30 Open Circuit Workout 
21	22 10:30 Open Circuit Workout 11:30 Lunch Program	23 11:30 Info Session Second Harvest - Expiry vs Best Before 11:30 Lunch Program	24 11:30 Lunch Program	25 11:30 Lunch Program 	26 10:30 Van Trip - Vaughan Mills 11:30 Lunch Program	27 9:30 Open Circuit 9:30 Book Club @ Weston Library 
28	29 10:30 Open Circuit Workout 11:30 Lunch Program	30 11:30 Lunch Program 	31 10:30 Conversation in Italian Workshop 11:30 Lunch Program	Coming up in November November 1 - Holiday Lunch tickets on sale November 11 - Remembrance Day November 19 - December 7 - Winter Bazaar 