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| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **1** 10:15 Sandbag Toss  1:00 Communion  1:30 Mental Aerobics  2:30 Church | **2 9:30 Decorate for Thanksgiving**  1:30 Video Memories  3:15 Point / Counterpoint  4:00 Never Have I Ever… | **3 Massage**  10:15 Exercise  11:00 Carpet Bowling  1:30 Walk & Roll  3:00 Readings  4:00 Crosswords | **4 9:30 Fifth Avenue Jewelry**  **10:00 Make Fall Centerpieces**  **2:30 Birthday Party with Barry Powel**  7:00 Bingo | **5** 10:15 Exercise  11:00 Carpet Bowling  1:30 Reno Keno  2:30 Tai Chi  4:00 Current Affairs | 6 **Mad Hatter Day**  **10:00 Dr. Jassal - Optometrist**  1:30 Noodle Hockey  2:30 Happy Hour  4:00 My Bio | **7**  10:15 Exercise  11:00 Carpet Bowling  2:00 Left Right Center  7:00 Bingo |
| **8** 10:15 Sandbag Toss  1:00 Communion  1:30 Mental Aerobics  2:30 Church | **9 Thanksgiving**  https://wonderopolis.org/wp-content/uploads/2015/09/2_25.jpg | **10 Massage**  10:15 Exercise  11:00 Carpet Bowling  1:30 Walk & Roll  3:00 Readings  4:00 Mental Aerobics | **11**9:00 Neighbourhood Walk  9:45 Decorate for Halloween  2:00 Painting  4:00 Relax Colouring  7:00 Bingo | 12 10:15 Exercise  11:00 Carpet Bowling  1:30 Reno Keno  2:30 Tai Chi  4:00 Current Affairs | 13 10:15 Mental Aerobics  10:30 Communion  **11:30 Lunch at Espresso Café**  2:30 Happy Hour  4:00 Journaling My Bio | **14**  10:15 Exercise  11:00 Carpet Bowling  2:00 Left Right Center  7:00 Bingo |
| **15** 10:15 Sandbag Toss  1:30 Mental Aerobics  2:30 Church | **16 DICTIONARY DAY**  **9:45 Walmart – Whiterock**  2:30 Video Memories  3:45 Point / Counterpoint  **3:30 Resonate with Joy** | **17 Massage**  10:15 Exercise  11:00 Carpet Bowling  1:30 Walk & Roll  3:00 Readings  4:00 Mental Aerobics | **18 9:00 Absolute Hearing**  **10:00 Health Corner with Brigita - Eyes**  **1:30 Fall Centerpieces**  4:00 Relax Colouring  7:00 Bingo | **19** 10:15 Exercise  11:00 Carpet Bowling  1:30 Reno Keno  2:30 Tai Chi  4:00 Current Affairs | **20 8:30 Bus Trip – Scenic Drive Manning Park**  1:30 Noodle Hockey  2:30 Happy Hour | **21**  10:15 Exercise  11:00 Carpet Bowling  2:00 Left Right Center  7:00 Bingo |
| **22** 10:15 Sandbag Toss  1:00 Communion  1:30 Mental Aerobics  2:30 Church | **23 10:45 Lunch at the Golden Panda**  2:00 Video Memories  3:30 Point / Counterpoint  4:00 What Year Was This?… | 24  10:15 Exercise  11:00 Carpet Bowling  1:30 Walk & Roll  3:00 Readings  4:00 Mental Aerobics | **25 9:45 Coffee Klatch**  **11:00 C-Lovers in Langley**  3:15 Relax Colouring  7:00 Bingo | **26** 10:15 Exercise  11:00 Carpet Bowling  1:30 Reno Keno  2:30 Tai Chi  4:00 Current Affairs | **27** 1:30 Noodle Hockey  2:30 Happy Hour with Carl  4:00 Journaling My Bio  **7:30 Red Skelton Show** | **28**  10:15 Exercise  11:00 Carpet Bowling  2:00 Left Right Center  7:00 Bingo |
| 29 10:15 Sandbag Toss  1:00 Communion  1:30 Mental Aerobics  2:30 Church | 30 **10:00 Bowling at Scottsdale Lanes**  2:00 Video Memories  **3:30 Resonate with Joy**  3:30 Point / Counterpoint  4:00 Indoor Horseshoe Toss | **31 Massage**  10:15 Exercise  11:00 Carpet Bowling  1:30 Walk & Roll  **3:00 Halloween Party** |  | http://www.nndb.com/people/659/000033560/red-skelton-3.jpg |  | https://1.bp.blogspot.com/-fSScozGXLvQ/WWDrQIpyp7I/AAAAAAAAAqo/G-2df4WogiY83iHYeRYvT2-bcyyOJXIfQCLcBGAs/s1600/free_pictures_via_kat_bautista_Batch2%2B%2528210%2529.JPG |

**OCTOBER**

**2017**