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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo
2 10:00 Eddie the Dog 10:15 Sandbag Toss 1:00 Communion 1:30 Mental Aerobics 2:30 Church	3 LABOUR DAY 	4 Massage 9:15 Headlines 10:15 Chair Yoga 1:30 Walk & Roll 3:30 Readings	5 9:30 Walmart South Surrey 2:30 Noodle Hockey 3:30 Left Right Center 7:00 Bingo	6 9:15 Headlines 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi	7 9:15 Picnic at Redwood Park 10:30 Communion 1:30 Chair Yoga 2:30 Happy Hour	8 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo
9 10:00 Eddie the Dog 10:15 Sandbag Toss 1:30 Mental Aerobics 2:30 Church	10 9:15 Picnic at Fleetwood Park 2:00 Video Memories 3:45 Left Right Center	11 Massage 9:15 Headlines 10:15 Exercise Bwlg 1:30 Walk & Roll 3:30 Readings	12 9:15 Headlines 10:00 Health Corner 2:30 Birthday Party 7:00 Bingo	13 9:15 Headlines 10:15 Pharmsave Pop-Up Shop 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi	14 9:30 Mental Aerobics 11:15 Lunch at Roadhouse Grill 1:30 Chair Yoga 2:30 Happy Hour	15 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo
16 10:00 Eddie the Dog 10:15 Sandbag Toss 1:00 Communion 1:30 Mental Aerobics 2:30 Church	17 9:30 Elements Casino 2:30 Coffee Klatch 3:45 Left Right Center	18 Massage 9:15 Headlines 10:15 Exercise Bwlg 1:30 Walk & Roll 3:30 Readings	19 9:00 Absolute Hearing 10:00 Mental Aerobics 1:30 Painting – Pt 1 7:00 Bingo	20 9:15 Headlines 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi	21 9:00 BIG Bus Tour—Fall Leaves Lunch at Manning Park Lodge 1:30 Chair Yoga 2:30 Happy Hour	22 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo
23/30 10:00 Eddie the Dog 10:15 Sandbag Toss 1:00 Communion 1:30 Mental Aerobics 2:30 Church	24 9:45 Bowling at Scottsdale Lanes 2:00 Video Memories 3:30 Left Right Center	25 Massage 9:15 Headlines 10:15 Exercise Bwlg 1:30 Walk & Roll 3:30 Readings	26 9:30 Clay Chimes Craft 11:00 5th Ave Jewelry 1:30 Painting – Pt 2 7:00 Bingo	27 9:15 Headlines 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi	28 9:30 Mental Aerobics 10:30 Noodle Hockey 11:00 Lunch at the Espresso Café 1:30 Chair Yoga 2:30 Happy Hour with Carl	29 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo

