

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:30 ☀️ The Joy Of Chair Yoga [L] 1</p> <p>2:30 🍄 Bingo [GR]</p> <p>7:00 🍄 Drop-in Games: Scrabble, Rummikub</p>	<p>10:30 🌿 Yoga and Stretch [GR] 2</p> <p>11:00 😊 Firestarter Conversations</p> <p>2:30 TED Talks [G]</p> <p>7:00 🧠 Evening Documentary [G]</p>	<p>9:45 Go4Life Walking Club [L] 3</p> <p>11:00 🌿 Rise 'n' Shine 'n' move [GR]</p> <p>1:00 Shopping Drop Off [L]</p> <p>2:45 Tai Chi with Wayne [GR]</p> <p>7:00 TV Series: Downton Abbey [G]</p>	<p>10:30 🌿 Gentle Fit [GR] 4</p> <p>1:30 🧠 Chicago Style Bridge</p> <p>2:00 🧠 Lunar Lanterns with Meghan</p> <p>5:30 Lunar Celebration of Light Dinner</p>	<p>9:45 Go4Life Walking Club [L] 5</p> <p>10:30 🍷 Java Music Club</p> <p>11:30 Westham Farms Visit [L]</p> <p>2:30 Nostalgic Tunes at the Piano [L]</p> <p>6:30 🧠 Bridge/Cribbage</p> <p>7:00 Evening Classic Film [G]</p>	<p>10:00 🧠 Digital Storytelling Workshop [GR] 6</p> <p>2:30 Musical Chats with Gail</p> <p>3:00 Piano Bar/Happy Hour (Gail)</p>	<p>11:00 🌿 Community Walk [L] 7</p> <p>7:00 🧠 Feature Film</p>
<p>11:30 Thanksgiving Brunch with Harpist Leanne Page 8</p> <p>2:30 🍄 Bingo [GR]</p> <p>7:00 🍄 Drop-in Games: Scrabble, Rummikub</p>	<p>Thanksgiving 9</p> <p>10:30 🌿 Yoga and Stretch [GR]</p> <p>11:00 😊 Firestarter Conversations</p> <p>2:00 Shopping Drop Off [L]</p> <p>2:30 TED Talks [G]</p> <p>7:00 🧠 Evening Documentary [G]</p>	<p>9:45 Go4Life Walking Club [L] 10</p> <p>11:00 🌿 Rise 'n' Shine 'n' move [GR]</p> <p>2:00 🧠 Chef Demo-Pumpkin Supreme [GR]</p> <p>2:45 Tai Chi with Wayne [GR]</p> <p>7:00 TV Series: Downton Abbey [G]</p>	<p>10:30 🌿 Gentle Fit [GR] 11</p> <p>11:00 ☀️ Chair Yoga with Sylvia</p> <p>1:30 🧠 Chicago Style Bridge</p> <p>2:30 🧠 UBC Pharmacy Student Presentation [GR]</p> <p>6:00 Scenic Sunset Fall Colours Drive [L]</p>	<p>9:45 Go4Life Walking Club [L] 12</p> <p>10:30 🍷 Fifth Ave Jewelry with Lynne [L]</p> <p>10:30 🍷 Java Music Club</p> <p>1:00 Casino Outing to The River Rock [L]</p> <p>2:30 Nostalgic Tunes at the Piano [L]</p> <p>6:30 🧠 Bridge/Cribbage</p> <p>7:00 Evening Classic Film [G]</p>	<p>10:00 🧠 Digital Storytelling Workshop [GR] 13</p> <p>2:30 Musical Chats with Gail</p> <p>3:00 Piano Bar/Happy Hour (Gail)</p>	<p>11:00 🌿 Community Walk [L] 14</p> <p>7:00 🧠 Feature Film</p>
<p>10:30 ☀️ The Joy Of Chair Yoga [L] 15</p> <p>2:00 🧠 Easy Therapy Mobility Presentation [GR]</p> <p>2:30 🍄 Bingo [GR]</p> <p>7:00 🍄 Drop-in Games: Scrabble, Rummikub</p>	<p>10:30 🌿 Yoga and Stretch [GR] 16</p> <p>11:00 🍷 Carda Fashions [L]</p> <p>11:00 😊 Firestarter Conversations</p> <p>2:30 TED Talks [G]</p> <p>7:00 🧠 Evening Documentary [G]</p>	<p>9:45 Go4Life Walking Club [L] 17</p> <p>11:00 🌿 Rise 'n' Shine 'n' move [GR]</p> <p>1:00 Shopping Drop Off [L]</p> <p>2:00 🧠 Apple Spice Smoothie Social [G]</p> <p>2:45 Tai Chi with Wayne [GR]</p> <p>7:00 TV Series: Downton Abbey [G]</p>	<p>10:30 🌿 Gentle Fit [GR] 18</p> <p>11:30 Lunch Outing To Brockton House [L]</p> <p>1:30 🧠 Chicago Style Bridge</p> <p>2:30 Oktoberfest Trivia</p> <p>7:00 😊 Oktoberfest with Franz Gerber</p>	<p>9:45 Go4Life Walking Club [L] 19</p> <p>10:30 🍷 Java Music Club</p> <p>2:30 🍷 Birthday and Welcome Tea</p> <p>2:30 Nostalgic Tunes at the Piano [L]</p> <p>6:30 🧠 Bridge/Cribbage</p> <p>7:00 Evening Classic Film [G]</p>	<p>10:00 🧠 Digital Storytelling Workshop [GR] 20</p> <p>1:30 😊 Intergenerational Tech Program [GR]</p> <p>2:30 Musical Chats with Gail</p> <p>3:00 Piano Bar/Happy Hour (Gail)</p>	<p>11:00 🌿 Community Walk [L] 21</p> <p>7:00 🧠 Feature Film</p>
<p>10:30 ☀️ The Joy Of Chair Yoga [L] 22</p> <p>2:30 🍄 Bingo [GR]</p> <p>7:00 🍄 Drop-in Games: Scrabble, Rummikub</p>	<p>10:30 🌿 Yoga and Stretch [GR] 23</p> <p>11:00 😊 Firestarter Conversations</p> <p>2:30 😊 Food For Thought Meeting [GR]</p> <p>2:30 TED Talks [G]</p> <p>7:00 🧠 Evening Documentary [G]</p>	<p>9:45 Go4Life Walking Club [L] 24</p> <p>11:00 🌿 Rise 'n' Shine 'n' move [GR]</p> <p>2:00 😊 Creative Expressions with Sandra</p> <p>2:45 Tai Chi with Wayne [GR]</p> <p>7:00 TV Series: Downton Abbey [G]</p>	<p>10:30 🌿 Gentle Fit [GR] 25</p> <p>11:00 ☀️ Chair Yoga with Sylvia</p> <p>1:30 🧠 Chicago Style Bridge</p> <p>2:00 🍷 Resident Advisory Meeting [GR]</p>	<p>9:45 Go4Life Walking Club [L] 26</p> <p>10:00 Outing to Richmond Country Farms [L]</p> <p>2:30 Musical Halloween Slideshow with Gail [GR]</p> <p>6:30 🧠 Bridge/Cribbage</p> <p>7:00 Evening Classic Film [G]</p>	<p>10:00 🧠 Digital Storytelling Workshop [GR] 27</p> <p>2:30 Musical Chats with Gail</p> <p>3:00 Piano Bar/Happy Hour (Gail)</p>	<p>11:00 🌿 Community Walk [L] 28</p> <p>7:00 🧠 Feature Film</p>
<p>10:30 ☀️ The Joy Of Chair Yoga [L] 29</p> <p>2:30 🍄 Bingo [GR]</p> <p>7:00 🍄 Drop-in Games: Scrabble, Rummikub</p>	<p>10:30 🌿 Yoga and Stretch [GR] 30</p> <p>11:00 😊 Firestarter Conversations</p> <p>2:00 Shopping Drop Off</p> <p>2:30 TED Talks [G]</p> <p>7:00 🧠 Evening Documentary [G]</p>	<p>Happy Halloween! 31</p> <p>9:45 Go4Life Walking Club [L]</p> <p>11:00 🌿 Rise 'n' Shine 'n' move [GR]</p> <p>2:00 🍷 Halloween Happy Hour with Mystery Entertainment</p> <p>2:45 Tai Chi with Wayne [GR]</p> <p>7:00 TV Series: Downton Abbey [G]</p>	<p>“As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness behind, I'd still be in prison.”</p> <p style="text-align: right;">– Nelson Mandela</p>	<p>Our Living Loving Local Theme for September is Apples</p>		<p style="color: green;">October 4th is The Mid-Autumn Festival symbolising togetherness and reunion. Watch the calendar for our events around this special occasion!</p>