



October

Seniors Active Living Centre



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1		2		
		SGBCHC Food Fit 10:00AM* 8 th Anniversary Party and Open House 12:00 - 2:30 PM		
		Chair Yoga 10:00 AM**		
5	6	7	8	9
Drop-In Karaoke 10:30 AM Guitar Jammers 1:00 PM* Mexican Train Dominoes 1:00 PM	Ukulele Meet-Up 1:30 PM Chair Yoga 10:00AM**†	Group Social Walking 9:30 AM Social, Chats and Games 1:00 PM	Specialized Custom Jewelry 10:00 AM**† Hand Wax & Meditation 1:00 PM	Chair Yoga 10:00 AM**†
12	13	14	15	16
CLOSED	Ukulele Meet-Up 1:30 PM Chair Yoga 10:00AM**†	Group Social Walking 9:30 AM SGBCHC Conflict Styles Workshop 11:00 AM* Social, Chats and Games 1:00 PM	Hobby Lobby 1:00 PM	Chair Yoga 10:00 AM**†
19	20	21	22	23
Drop-In Karaoke 10:30 AM Guitar Jammers 1:00 PM* Mexican Train Dominoes 1:00 PM	Ukulele Meet-Up 1:30 PM Chair Yoga 10:00AM**†	Group Social Walking 9:30 AM Social, Chats and Games 1:00 PM	Hobby Lobby 1:00PM	Chair Yoga 10:00 AM**†
26	27	28	29	30
Drop-In Karaoke 10:30 AM Guitar Jammers 1:00 PM* Mexican Train Dominoes 1:00 PM	Ukulele Meet-Up 1:30 PM Chair Yoga 10:00AM**†	Group Social Walking 9:30 AM Halloween Social 12:00 - 2:30 PM	Hobby Lobby 1:00 PM SGBCHC Budgeting Workshop 11:00AM*	

FREE DROP-IN PROGRAMS

DROP-IN KARAOKE

A fun, social, and energizing way to connect through music. Enjoy each others company while singing along to classics.

MEXICAN TRAIN DOMINOES

A relaxed and social program where seniors can gather to enjoy this popular strategy game.

VON S.M.A.R.T. EXERCISE

A research and evidence based exercise and fall prevention program. **New participants must register directly with VON at 705.355.2200.**

HOBBY LOBBY

Come showcase your skills and enjoy occasional instructional sessions.



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