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| October 2018 | 1  9:00 Exercise Class  9:30 Shopping Manotick  10:00 Chair Yoga  10:30 Coffee & Knitting Circle  1:30 Bingo  1:45 Matinee Movie  2:30 Euchre  3:30 Making Centerpieces  6:30 Movie Night | 2  9:30 Music & Movement  10:00 Flour Power  10:15 Sightseeing Trip  11:00 Giant Crosswords  1:45 Rosary and Mass  3:00 Afternoon Tea  4:00 Bingo  6:30 Euchre | 3  9:15 Gentle Fit- Pro Physio  9:30 Shopping Billings Bridge  9:30-12:00 Java & Jazz  10:00 Active Fit – Pro Physio  1:30 Exercise Class  3:00 Book Club Discussions  4:00 Trivia Challenge | 4  9:30 Spelling Bee  11:00 Family Feud  11:30 Kars Luncheon  1:30 Euchre  2:00 Matinee Movie  2:30 Pass the Ace  4:00 Latin Chair Dancing  6:30 Pub Night | 5  9:15 Gentle Fit-Pro Physio  9:30 Art Class  9:30 Coffee & Current Affairs  10:00 Active Fit Pro Physio  11:00 Brain Games  1:00 Exercise Class  1:30 Bingo / Euchre  3:30 Music The Cords | 6  10:30 Bingo  1:15 Bridge  1:45 Afternoon Matinee  2:00 Euchre  2:30 Afternoon Tea  6:30 Evening Movie |
| 7  8:15 & 10:00 Anglican Service at Saint James Church\*\*  8:30 Sunday Mass Channel 800  9:00Scrabble (MGR)  1:45 Matinee Movie (CT)  3:30 Music with Guy Lalonde | 8  10:30 Coffee & Knitting Circle  1:30 Bingo  1:45 Matinee Movie  2:30 Euchre  6:30 Movie Night  **Happy Thanksgiving!** | 9  9:30 Music & Movement  10:00 Flour Power  11:00 Giant Crosswords  1:30 Bridge Tournament  1:45 Rosary & Gospel  4:00 Bingo  6:30 Euchre | 10  9:15 Gentle Fit- Pro Physio  9:30 Shopping at Barrhaven  9:30-12:00 Java & Jazz  10:00 Active Fit- Pro Physio  1:30 Exercise Class  2:00 Central Band (MGR)  3:00 Coffee & Debates  4:00 Wine & Cheese Social | 11  9:30 Spelling Bee  9:15 Shopping in Manotick  11:00 Family Feud  1:45 Matinee Movie  3:00 Hymn Singing  3:30 Darts with Brian  4:00 Latin Chair Dancing  6:30 Pub Night | 12  9:15 Gentle Fit-Pro Physio  9:30 Art Class  9:30 Coffee & Current Affairs  10:00 Active Fit Pro Physio  11:00 Brain Games  1:00 Exercise Class  1:30 Bingo / Euchre  3:30 George on the Piano | 13  10:30 Bingo  1:15 Bridge  1:45 Afternoon Matinee  2:00 Euchre (MGR)  2:30 Afternoon Tea  6:30 Evening Movie |
| 14  8:15 & 10:00 Anglican Service at Saint James Church\*\*  8:30 Sunday Mass Channel 800  9:00 Scrabble  1:45 Matinee Movie | 15  9:00 Exercise Class  10:00 Chair Yoga  10:30 Coffee & Knitting Circle  1:30 Looney Bingo  2:15 Cards & Games  3:30 Live Music  6:30 Movie Night | 16  9:30 Music & Movement  10:00 Flour Power  11:00 Giant Crosswords  1:00 Bridge Tournament  1:45 Rosary and Mass  2:30 Town Hall Meeting  4:00 Bingo  6:30 Euchre | 17  9:15 Gentle Fit- Pro Physio  9:30-12:00 Java & Jazz  9:30 Shopping at Kemptville  10:00 Active Fit – Pro Physio  1:30 Exercise Class  3:00 Reminisce & Discussions | 18  9:30 Spelling Bee  11:00 Wheel of Fortune  1:45 Matinee Movie  2:30 Pass the Ace  3:30 Darts with Brian  4:00 Latin Chair Dancing  6:30 Evening Movie | 19  9:15 Gentle Fit-Pro Physio  9:15 Art Class  9:30 Coffee & Current Affairs  10:00 Active Fit – Pro Physio  9:30 Shopping at Manotick  11:00 Brain Games  1:00 Exercise Class  1:30 Community Bingo  3:30 Music: Side by Side | 20  10:00 Bingo  1:30 Bridge  1:45 Matinee Movie  2:00 Euchre  3:30 Kay on the Piano  6:30 Evening Movie |
| 21  8:15 & 10:00 Anglican Service at Saint James Church  8:30 Sunday Mass Channel 800  9:00 Scrabble  1:45 Matinee Movie  2:30 Afternoon Tea & Chats | 22Municipal Elections  9:00 Exercise Class  10:30 Coffee & Knitting Circle  1:30 Looney Bingo  2:30 Euchre  3:30 Oktoberfest Celebration!  6:30 Euchre  6:30 Movie Night | 23  9:30 Music & Movement  10:00 Flour Power  11:00 Giant Crosswords  1:45 Rosary & Gospel  2:00 Euchre  3:00 Afternoon Tea  4:00 Bingo  6:30 Euchre | 24  9:15 Gentle Fit-Pro Physio  9:00-12:00 Java & Jazz  9:30 Shopping at Giant Tiger  10:00 Active Fit - Pro Physio  1:30 Exercise Class  1:30 Euchre  3:00 Coffee & Reminisce  4:00 Trivia Challenge | 25  9:30 Spelling Bee  10:00 Ecumenical Service  11:00 Family Feud  1:45 Rideau Carleton Slots  1:45 Travel to Germany Doc.  2:30 Pass the Ace  3:30 Darts with Brian  4:00 Latin Chair Dancing  6:30 Pub Night | 26  9:15 Gentle Fit-Pro Physio  9:15 Art Class  9:30 Shopping at Manotick  9:30 Coffee & Current Affairs  10:00 Active Fit – Pro Physio  11:00 Brain Games  1:00 Exercise Class  1:30 Community Bingo  3:30 October Birthday Party! | 27  10:30 Bingo  1:30 Bridge  1:45 Matinee Movie  2:00 Euchre |
| 28  8:15 & 10:00 Anglican Service at Saint James Church\*\*  8:30 Sunday Mass Channel 800  9:00 Scrabble  1:45 Matinee Movie  3:30 Music with Mainly Strings | 29  9:00 Exercise Class  10:00 Chair Yoga  10:30 Coffee & Knitting Circle  1:30 Looney Bingo  2:15 Euchre/Games  6:30 Movie Night | 30  9:30 Music & Movement  10:00 Flour Power  11:00 Giant Crosswords  1:45 Rosary & Mass  2:00 Euchre  3:00 Afternoon Tea  4:00 Bingo  6:30 Euchre | 31  9:15 Gentle Fit- Pro Physio  9:30 Shopping Carlingwood Mall  9:30-12:00 Java & Jazz  10:00 Active Fit- Pro Physio  1:30 Exercise Class  3:00 Health Talk Presentation: Heart & Stroke  4:00 Wine & Cheese Social |  |  |  |