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| October 2018 | 19:00 Exercise Class9:30 Shopping Manotick  10:00 Chair Yoga 10:30 Coffee & Knitting Circle 1:30 Bingo 1:45 Matinee Movie 2:30 Euchre3:30 Making Centerpieces6:30 Movie Night  | 29:30 Music & Movement10:00 Flour Power10:15 Sightseeing Trip 11:00 Giant Crosswords 1:45 Rosary and Mass 3:00 Afternoon Tea 4:00 Bingo 6:30 Euchre | 39:15 Gentle Fit- Pro Physio 9:30 Shopping Billings Bridge 9:30-12:00 Java & Jazz 10:00 Active Fit – Pro Physio 1:30 Exercise Class3:00 Book Club Discussions 4:00 Trivia Challenge | 49:30 Spelling Bee 11:00 Family Feud11:30 Kars Luncheon 1:30 Euchre 2:00 Matinee Movie2:30 Pass the Ace4:00 Latin Chair Dancing6:30 Pub Night  | 59:15 Gentle Fit-Pro Physio9:30 Art Class 9:30 Coffee & Current Affairs10:00 Active Fit Pro Physio11:00 Brain Games 1:00 Exercise Class1:30 Bingo / Euchre3:30 Music The Cords | 610:30 Bingo 1:15 Bridge1:45 Afternoon Matinee2:00 Euchre 2:30 Afternoon Tea6:30 Evening Movie |
| 78:15 & 10:00 Anglican Service at Saint James Church\*\*8:30 Sunday Mass Channel 8009:00Scrabble (MGR)1:45 Matinee Movie (CT)3:30 Music with Guy Lalonde | 810:30 Coffee & Knitting Circle1:30 Bingo 1:45 Matinee Movie2:30 Euchre6:30 Movie Night**Happy Thanksgiving!** | 99:30 Music & Movement10:00 Flour Power11:00 Giant Crosswords 1:30 Bridge Tournament 1:45 Rosary & Gospel4:00 Bingo6:30 Euchre  | 109:15 Gentle Fit- Pro Physio 9:30 Shopping at Barrhaven9:30-12:00 Java & Jazz10:00 Active Fit- Pro Physio 1:30 Exercise Class2:00 Central Band (MGR)3:00 Coffee & Debates 4:00 Wine & Cheese Social | 119:30 Spelling Bee9:15 Shopping in Manotick 11:00 Family Feud1:45 Matinee Movie3:00 Hymn Singing3:30 Darts with Brian 4:00 Latin Chair Dancing6:30 Pub Night  | 129:15 Gentle Fit-Pro Physio 9:30 Art Class 9:30 Coffee & Current Affairs10:00 Active Fit Pro Physio11:00 Brain Games 1:00 Exercise Class1:30 Bingo / Euchre3:30 George on the Piano | 1310:30 Bingo 1:15 Bridge 1:45 Afternoon Matinee 2:00 Euchre (MGR)2:30 Afternoon Tea 6:30 Evening Movie  |
| 148:15 & 10:00 Anglican Service at Saint James Church\*\*8:30 Sunday Mass Channel 8009:00 Scrabble1:45 Matinee Movie  | 159:00 Exercise Class10:00 Chair Yoga 10:30 Coffee & Knitting Circle1:30 Looney Bingo 2:15 Cards & Games 3:30 Live Music 6:30 Movie Night | 169:30 Music & Movement10:00 Flour Power11:00 Giant Crosswords 1:00 Bridge Tournament1:45 Rosary and Mass 2:30 Town Hall Meeting4:00 Bingo6:30 Euchre  | 179:15 Gentle Fit- Pro Physio9:30-12:00 Java & Jazz 9:30 Shopping at Kemptville10:00 Active Fit – Pro Physio 1:30 Exercise Class3:00 Reminisce & Discussions | 189:30 Spelling Bee 11:00 Wheel of Fortune 1:45 Matinee Movie2:30 Pass the Ace3:30 Darts with Brian4:00 Latin Chair Dancing6:30 Evening Movie | 199:15 Gentle Fit-Pro Physio 9:15 Art Class 9:30 Coffee & Current Affairs10:00 Active Fit – Pro Physio9:30 Shopping at Manotick11:00 Brain Games1:00 Exercise Class1:30 Community Bingo 3:30 Music: Side by Side | 2010:00 Bingo1:30 Bridge 1:45 Matinee Movie 2:00 Euchre 3:30 Kay on the Piano6:30 Evening Movie |
| 218:15 & 10:00 Anglican Service at Saint James Church8:30 Sunday Mass Channel 8009:00 Scrabble 1:45 Matinee Movie 2:30 Afternoon Tea & Chats   | 22Municipal Elections9:00 Exercise Class10:30 Coffee & Knitting Circle1:30 Looney Bingo2:30 Euchre3:30 Oktoberfest Celebration!6:30 Euchre6:30 Movie Night | 239:30 Music & Movement10:00 Flour Power11:00 Giant Crosswords 1:45 Rosary & Gospel 2:00 Euchre3:00 Afternoon Tea 4:00 Bingo 6:30 Euchre | 249:15 Gentle Fit-Pro Physio9:00-12:00 Java & Jazz 9:30 Shopping at Giant Tiger 10:00 Active Fit - Pro Physio1:30 Exercise Class1:30 Euchre 3:00 Coffee & Reminisce4:00 Trivia Challenge | 259:30 Spelling Bee  10:00 Ecumenical Service 11:00 Family Feud 1:45 Rideau Carleton Slots1:45 Travel to Germany Doc.2:30 Pass the Ace3:30 Darts with Brian4:00 Latin Chair Dancing6:30 Pub Night | 269:15 Gentle Fit-Pro Physio9:15 Art Class 9:30 Shopping at Manotick9:30 Coffee & Current Affairs 10:00 Active Fit – Pro Physio 11:00 Brain Games 1:00 Exercise Class1:30 Community Bingo 3:30 October Birthday Party! | 2710:30 Bingo 1:30 Bridge 1:45 Matinee Movie2:00 Euchre |
| 288:15 & 10:00 Anglican Service at Saint James Church\*\*8:30 Sunday Mass Channel 8009:00 Scrabble 1:45 Matinee Movie 3:30 Music with Mainly Strings  | 299:00 Exercise Class10:00 Chair Yoga10:30 Coffee & Knitting Circle1:30 Looney Bingo2:15 Euchre/Games6:30 Movie Night  | 309:30 Music & Movement10:00 Flour Power11:00 Giant Crosswords 1:45 Rosary & Mass 2:00 Euchre3:00 Afternoon Tea 4:00 Bingo 6:30 Euchre  | 319:15 Gentle Fit- Pro Physio9:30 Shopping Carlingwood Mall9:30-12:00 Java & Jazz 10:00 Active Fit- Pro Physio1:30 Exercise Class3:00 Health Talk Presentation: Heart & Stroke4:00 Wine & Cheese Social |  |  |  |