




Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Legend:</b></p> <p>LBG: Lawn Bowling Green                      TH: Theatre                      RW: Riptide Wellness                      FL: Fireside Lounge                      GR: Games Room                      TL: Tyee Lounge (6th Floor)</p>	<p><b>Legend Continued:</b></p> <p>PDR: Private Dining Room                      (B): Bistro                      DR: Dining Room                      CR: Community Room (north end of dining room)                      GH: Greenhouse</p>	<p>RECREATION OFFICE:  <b>250-914-8056</b></p> <p> FRONT DESK:  <b>250-850-1353</b></p>		<p>1                      10:30 Flex Chair Yoga CR                      1:30pm Bible Study PDR  <b>2pm C. River Museum \$5</b>                      2pm Fellas Snooker GR                      2pm Bridge Club GR                      6:30pm Movie Night! TH</p>	<p>2                      10:30am Exercises CR                      1pm Calendar Review TH                      2pm Series: Father Brown TH                      2pm Gals Billiards GR                      6:30pm Crib GR</p>	<p>3                      2pm Ladies Snooker GR</p>
<p>4                      10am Church TH</p>	<p>5  <b>10am Superstore Mall CR</b>                      1-3pm Knitters &amp; Needles RW                      3pm Jacques Cousteau TH                      3:30pm Cocktail Hour FL                      6:30pm Bridge Club GR</p>	<p>6                      10:30am (Chair) Yoga CR                      1pm Dr. Ingrid Pincott  <i>Presentation: Immune Support</i>                      2pm Call the Midwife TH                      2pm Crib GR</p>	<p>7  <b>10:30am Tyee Spit Walk</b>                      1:30pm Armchair Travel TH                      3pm Happy Hour TL  <i>With Dale Bradley</i></p>	<p>8                      10:30 Flex Chair Yoga CR                      1:30pm Bible Study PDR                      2pm Fellas Snooker GR                      2pm Bridge Club GR  <b>2pm Autumn Scenic Drive</b>                      6:30pm Bingo! TL</p>	<p>9                      10:30am Zumba Gold! CR                      2pm Gals Snooker Lessons GR                      2pm Autumn Social TL                      6:30pm Crib GR</p>	<p>10                      2pm Ladies Billiards GR</p>
<p>11                      10am Church TH</p> <p></p> <p><i>Traditional Turkey Supper</i></p>	<p>12                      Stat Holiday</p>	<p>13                      10:30am (Chair) Yoga CR                      1pm Connect Hearing TH  <b>1:30pm Value Village, Comox Seniors Day! 30% off!</b>                      2pm Call the Midwife TH                      2pm Crib GR</p>	<p>14                      10:30am Fitness Equipment Training RW                      1:30pm Documentary TH                      3pm Happy Hour (FL)  <i>Sing a long with Michael!</i>                      7pm Philosophers' Café</p>	<p>15                      10:30 Flex Chair Yoga CR                      1:30pm Bible Study PDR                      2pm Fellas Snooker GR                      2pm Bridge Club GR                      2pm Sing for Pure Joy! CR                      6:30pm Bingo! TL</p>	<p>16  <b>9am Courtenay Casino!</b>                      2pm Series: Father Brown TH                      2pm Gals Billiards GR                      6:30pm Crib GR</p>	<p>17                      2pm Ladies Snooker GR</p>
<p>18                      10am Church TH                      2pm Putting Challenge GR</p>	<p>19  <b>Canadian Federal Election 9 am to 1 pm POLLING STATION</b>                      1-3pm Knitters &amp; Needles RW                      3pm Jacques Cousteau TH                      6:30pm Bridge Club GR</p>	<p>20  <b>10:30am Aquatic Fitness</b>                      1:30pm White Cane Club PDR                      2pm Crib GR</p> <p><b>LIVING WELL EXPO</b>  <i>(See Newsletter for Details!)</i></p>	<p>21  <b>1:30pm Coastal Black Pumpkin Fest! \$10</b>  <b>7pm Halloween Howl</b>  <b>Improv Show TL</b></p>	<p>22  <b>10:30am Aquatic Fitness</b>                      2pm Fellas Snooker GR                      2pm Bridge Club GR</p> <p><i>Chamber of Commerce Event</i></p>	<p>23                      10:30am Zumba Gold! CR                      1pm Ambassador Meeting TL                      2pm Gals Snooker Lessons GR                      2pm Autumn Social TL                      6:30pm Crib GR</p>	<p>24                      2pm Ladies Billiards GR</p>
<p>25                      10am Church TH                      5pm Birthday Dinner PDR</p>	<p>26                      10:30am Exercises CR                      1pm C.R. Hearing Clinic TH                      1-3pm Knitters &amp; Needles RW                      3pm Jacques Cousteau TH                      3:30pm Cocktail Hour FL                      6:30pm Bridge Club GR</p>	<p>27                      10:30am (Chair) Yoga CR                      1:30pm Resident Meeting TL                      2pm Call the Midwife TH                      2pm Crib GR</p> <p><i>Berwick by the Sea's FIRST BIRTHDAY!</i></p>	<p>28                      10:30am Fitness Equipment Training RW                      1:30pm Documentary TH  <b>3pm Happy Halloween Hour!</b>  <i>With Ian McGlynn</i>                      Tyee Lounge</p>	<p>29                      10:30 Flex Chair Yoga CR                      1:30pm Bible Study PDR                      2pm Fellas Snooker GR                      2pm Bridge Club GR                      6:30pm Bingo! TL</p>	<p>30                      10:30am Exercises CR                      2pm Series: Father Brown TH                      2pm Gals Billiards GR  <b>3pm Scenic Drive</b>                      6:30pm Crib GR</p>	<p>31                      2pm Ladies Snooker GR</p> <p></p>