

October 2026

Mon	Tue	Wed	Thu	Fri
			1 9:30 am – Carpet Bowling 6:15 pm – Canasta	2 10:00 am – Line Dancing
5 10:00 am – Line Dancing 6:15 pm – Gentle Yoga 7:30 pm – Stretch & Relax	6 10:00 am – Bean Bag Toss 1:15 pm – Gentle Fit 6:00 pm – TOPS	7 10:00 am – Pool Tournament 10:00 am – Line Dancing	8 9:30 am – Carpet Bowling 1:15 pm – Gentle Fit 6:15 pm – Canasta	9 10:00 am – Line Dancing
12 Thanksgiving CLOSED	13 10:00 am – Bean Bag Toss 1:15 pm – Gentle Fit 6:00 pm – TOPS	14 10:00 am – Pool Tournament 10:00 am – Line Dancing 7:00 pm – Exploring Yoga Therapy	15 9:30 am – Carpet Bowling 1:15 pm – Gentle Fit 6:15 pm – Canasta	16 10:00 am – Line Dancing
19 10:00 am – Line Dancing 6:15 pm – Gentle Yoga 7:30 pm – Stretch & Relax	20 10:00 am – Bean Bag Toss 1:15 pm – Gentle Fit 6:00 pm – TOPS	21 10:00 am – Pool Tournament 10:00 am – Line Dancing 7:00 pm – Exploring Yoga Therapy	22 9:30 am – Carpet Bowling 1:15 pm – Gentle Fit 6:15 pm – Canasta	23 10:00 am – Line Dancing
26 10:00 am – Line Dancing 6:15 pm – Gentle Yoga 7:30 pm – Stretch & Relax	27 10:00 am – Bean Bag Toss 1:15 pm – Gentle Fit 6:00 pm – TOPS	28 PRIVATE FUNCTION	29 9:30 am – Carpet Bowling 1:15 pm – Gentle Fit	30 10:00 am – Line Dancing

Hart Pioneer Centre
6986 Hart Highway

* TOPS – Theresa (250) 962-8977 (Coordinator)

* Gentle Yoga / Stretch & Relax & Exploring Yoga Therapy –
Lisa - 778-281- 0694 (Instructor)

*Gentle Fit - Lisa – 778-281-0694 (Coordinator)