

October 2024



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|--|--|---|---|
| | 30 CLOSED For National Truth & Reconciliation Day | 1 Gentle Yoga 10am | 2 Cardio 9:30am Café Break 12pm | 3 Gentle Yoga 10am Crib & Coffee 1-3 | 4 Pole Walking 2pm | 5 |
| 6 Come From Away Musical Outing | 7 Cardio 9:30am Fit & Flex 10:45am Helping Hands 1-3 | 8 Gentle Yoga 10am Flower Arranging Workshop 1pm | 9 Cardio 9:30am Café Break 12pm / L&L Tax Credits | 10 Foot Clinic 9-4 Gentle Yoga 10 am Crib & Coffee 1-3 | 11 Pole Walking 10am | 12 |
| 13 | 14 CLOSED- For Thanksgiving | 15 Gentle Yoga 10am | 16 Cardio 9:30am Café Break 12pm | 17 Gentle Yoga 10am | 18 Headingley Holiday Market | 19 Headingley Holiday Market |
| 20 | 21 Cardio 9:30am Fit & Flex 10:45am Helping Hands 1-3 | 22 Gentle Yoga 10am | 23 Cardio 9:30am Café Break 12pm | 24 Gentle Yoga 10am Crib & Coffee 1-3 | 25 Pole Walking 10am | 26 |
| 27 | 28 Cardio 9:30am Fit & Flex 10:45am Helping Hands 1-3 | 29 Gentle Yoga 10am | 30 Cardio 9:30am Café Break 12pm | 31 Halloween with Bright Beginnings 930 am Gentle Yoga 10am Crib & Coffee 1-3 | | |

MHRD Fitness* = Blue Programs = Green Events = Red Café BREAK= Magenta

*You can register for MHRD programs by visiting mhrd.ca or calling (204) 885-2444

**All programs and events are subject to change, please contact us if you're unsure about the status of a program