

SENIORS' SERVICES CALENDAR OF EVENTTS



OCT 2026



Programs = Green Events = Red
 Café BREAK = Magenta Lunch & Learn = Orange

SUN	MON	TUES	WED	THURS	FRI	SAT
			SEPT 30 NATIONAL DAY OF TRUTH & RECONCILIATION- CLOSED- NO LUNCH	1 HAPPY NATIONAL SENIORS DAY! CRIB & COFFEE 1-3	2 *NEW START TIME* POLE WALKING 11AM	3
4	5 HELPING HANDS 1-3	6 GOLDEN GAMES 1-3	7 CAFE BREAK LUNCH 12PM MUSEUM IN A SUITCASE PRESENTATION 1PM	8 FOOT CLINIC 9-4 CRIB & COFFEE 1-3	9 POLE WALKING 11AM	10
11	12 HAPPY THANKSGIVING! (NO HELPING HANDS)	13 GOLDEN GAMES 1-3	14 CAFE BREAK LUNCH 12PM HOME CARE & HOUSING INFO SESSION 1PM	15 HEADINGLEY HOLIDAY MARKET FACILITY SET UP (NO CRIB & COFFEE)	16 HEADINGLEY HOLIDAY MARKET 11-7 (NO POLE WALKING)	17 HHM 10-4
18	19 HELPING HANDS 1-3	20 FOOT CLINIC 9-4 GOLDEN GAMES 1-3	21 CAFE BREAK LUNCH 12PM	22 CRIB & COFFEE 1-3	23 POLE WALKING 11AM	24
25	26 HELPING HANDS 1-3	27 FLU VACCINE CLINC 2-7 (NO GOLDEN GAMES)	28 MUNICIPAL ELECTION (NO CAFE BREAK LUNCH)	29 HALLOWEEN WITH BBE 9:30 CRIB & COFFEE 1-3	30 POLE WALKING & CARDIO DRUMMING 11AM	31