

# October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
\$=Cost associated with event *=Sign-up required for event ^=Event weather dependant  Events/programs occur in the Selkirk Multipurpose room, unless noted otherwise		1 1:30 2.5 KM Group Walk (meet at concierge desk)^	2 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	3 1:30 Hymns & Praise with Darlene	4 2:00 Yahtzee (Summit Dining Room) *	5
6	7 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	8 10:00 Self-Management BC-Diabetes Workshop * 1:30 Jigsaw Puzzle Competition (Summit Dining Room) *	9 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 5:00 Community Dinner * \$	10 10:00-4:00 Elections BC- Voting 10:00 2 KM Group Walk (meet at concierge desk) ^	11 9:00 Hybrid Fitness \$ 2:00 Coffee & Conversations (Summit Dining Room) * \$	12
13	14 <b>THANKSGIVING</b>	15 10:00 Self-Management BC-Diabetes Workshop *	16 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 11:30 Catholic Mass Provided by St. Mary's Parish 1:30-4:00 Amplifon Hearing Aid Cleaning(by appointment only) *	17 1:30 Hymns & Praise with Alynne Shinness	18 2:00 Rebalance Rehab Education Session- Fibromyalgia	19
20	21 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	22 10:00 Self-Management BC-Diabetes Workshop *	23 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 2:00 Psychology and Aging Presentation presented by The University of The Fraser Valley *	24 10:00 Pet Therapy 1:30 Hymns & Praise with Darlene 2:30 Savory Social (Summit Dining Room) * \$	25 9:00 Hybrid Fitness \$	26
27 2:30 Sunday Service Provided by River of Life Church	28 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 1:30 Acrylic Painting Class (Summit Dining Room) * \$	29 10:00 Self-Management BC-Diabetes Workshop * 2:00 Harp and Piano with Anya McRae * \$	30 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	31 1:30 Hymns & Praise with Darlene		