

# October 2024- THE HAWTHORN

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 2:00 Hawthorn- Knit & Stitch Group 7:00 Hawthorn- Games Night	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 2:00 Hawthorn Cribbage Club (Summit Dining Room)	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 2:00 Hawthorn- Knit & Stitch Group 5:00 Community Dinner * 7:00 Hawthorn- Games Night	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 * 2:00 Hawthorn- Knit & Stitch Group 7:00 Hawthorn- Games Night	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 2:00 Hawthorn Cribbage Club (Summit Dining Room)	22 10:00 Self-Management BC-Diabetes Workshop * 10:00 Hawthorn Birthday Social 1:30 Movie Matinee- TOGO, the untold true story	23 9:00 Functional Fitness 10:00 Chair Fitness 2:00 Hawthorn- Knit & Stitch Group 2:00 Psychology and Aging Presentation presented by The University of The Fraser Valley * 7:00 Hawthorn- Games Night	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 2:00 Hawthorn- Knit & Stitch Group 7:00 Hawthorn- Games Night	31 1:30 Hymns & Praise with Darlene		