

| SUNDAY | MON                                                                                                                              | TUESD                                                                                                                                             | WEDNESD                                                                                                                   | THUR                                                                                                                                              | FRIDAY                                             | SATURDAY |
|--------|----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|----------|
|        |                                                                                                                                  |                                                                                                                                                   | <b>10:00</b> Fairview Pointe-Claire<br><b>02:00</b> Bocce                                                                 | <b>10:00</b> PA Supermarket<br><b>11:30</b> Aqua fitness*<br><b>01:00</b> Art club<br><b>01:00</b> Bridge                                         | <b>10:00</b> Line dancing<br><b>02:00</b> Bocce    |          |
|        |                                                                                                                                  |                                                                                                                                                   | 01                                                                                                                        | 02                                                                                                                                                | 03                                                 | 04       |
|        | <b>01:00</b> Meditation<br><b>01:30</b> Duplicate Scrabble<br><b>01:50</b> Yoga*<br><b>02:30</b> Yoga*                           | <b>10:00</b> Tacora Boutique<br><b>11:00</b> Mass<br><b>11:00</b> Aqua fitness*<br><b>11:30</b> Sewing & Jewelry Service<br><b>07:00</b> Club 500 | <b>10:00</b> Carrefour Laval<br><b>02:00</b> Bocce                                                                        | <b>10:00</b> Maxi<br><b>11:30</b> Aqua fitness*<br><b>01:00</b> Art club<br><b>01:00</b> Bridge                                                   | <b>10:00</b> Line dancing<br><b>02:00</b> Petanque |          |
| 05     | 06                                                                                                                               | 07                                                                                                                                                | 08                                                                                                                        | 09                                                                                                                                                | 10                                                 | 11       |
|        | <b>01:00</b> Meditation<br><b>01:30</b> Duplicate Scrabble<br><b>Holiday: Thanksgiving</b>                                       | <b>10:00</b> Super C<br><b>11:00</b> Mass<br><b>11:00</b> Aqua fitness*<br><b>01:30</b> Casino outing*<br><b>07:00</b> Club 500                   | <b>10:00</b> Place Rosemère<br><b>01:00</b> Knitting Club<br><b>02:00</b> Bocce<br><b>05:00</b> Scores Restaurant Outing* | <b>11:30</b> Aqua fitness*<br><b>01:00</b> Art club<br><b>01:00</b> Bridge<br><b>05:00</b> French evening*                                        | <b>10:00</b> Line dancing<br><b>02:00</b> Bocce    |          |
| 12     | 13                                                                                                                               | 14                                                                                                                                                | 15                                                                                                                        | 16                                                                                                                                                | 17                                                 | 18       |
|        | <b>01:00</b> Meditation<br><b>01:30</b> Duplicate Scrabble<br><b>01:50</b> Yoga*<br><b>02:00</b> Book club<br><b>02:30</b> Yoga* | <b>10:00</b> Lmode Boutique<br><b>11:00</b> Mass<br><b>11:00</b> Aqua fitness*<br><b>02:00</b> Music with Paul Gaudet<br><b>07:00</b> Club 500    | <b>10:00</b> Place Côte-Vertu<br><b>10:00</b> Croissant and music*<br><b>02:00</b> Bocce                                  | <b>10:00</b> IGA<br><b>11:30</b> Aqua fitness*<br><b>01:00</b> Art club<br><b>01:00</b> Bridge<br><b>01:00</b> Titanic outing: Immersive journey* | <b>10:00</b> Line dancing<br><b>02:00</b> Bocce    |          |
| 19     | 20                                                                                                                               | 21                                                                                                                                                | 22                                                                                                                        | 23                                                                                                                                                | 24                                                 | 25       |
|        | <b>01:00</b> Meditation<br><b>01:30</b> Duplicate Scrabble<br><b>01:50</b> Yoga*<br><b>02:30</b> Yoga*                           | <b>10:00</b> La Mini Boutique<br><b>11:00</b> Mass<br><b>11:00</b> Aqua Fitness*<br><b>07:00</b> Club 500                                         | <b>10:00</b> Laval Center<br><b>02:00</b> Bocce                                                                           | <b>10:00</b> Walmart<br><b>11:30</b> Aqua Fitness*<br><b>01:00</b> Art Club<br><b>01:00</b> Bridge<br><b>05:00</b> Halloween Party*               | <b>10:00</b> Line dancing<br><b>02:00</b> Bocce    |          |
| 26     | 27                                                                                                                               | 28                                                                                                                                                | 29                                                                                                                        | 30                                                                                                                                                | 31                                                 |          |
|        |                                                                                                                                  |                                                                                                                                                   |                                                                                                                           |                                                                                                                                                   |                                                    |          |