



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00 Fitness 01:00 Meditation 01:30 Duplicate Scrabble 02:00 Yoga 03:00 Volunteer Recognition 01	10:00 Diane Boutique 11:00 Mass 11:00 Aqua fitness* 01:30 Casino Playground outing* 07:00 Club 500 02	10:00 Carrefour Laval 10:00 Media workshop 02:00 Bocce 03	10:00 Marché 440 10:00 Fitness 11:30 Aqua fitness* 02:00 Art club 01:00 Bridge 04	10:00 Line dancing 02:00 Bocce 07:00 Bingo 05	06
07	10:00 Fitness 01:00 Meditation 01:30 Duplicate Scrabble 02:00 Yoga 03:30 Discussion and illumination 08	10:00 Maryse Boutique 11:00 Mass 11:00 Aqua fitness* 07:00 Club 500 09	10:00 Place Rosemère 10:00 Croissant and music* 02:00 Bocce 05:00 Resto l'Académie* 10	10:00 PA Supermarket 10:00 Fitness 11:30 Aqua fitness* 02:00 Art club 01:00 Bridge 11	02:00 Bocce 07:00 Bingo 12	13
14	10:00 Fitness 01:00 Meditation 01:30 Duplicate Scrabble 02:00 Yoga 02:00 Book club 15	10:00 Lady Boutique 11:00 Mass 11:00 Aqua Fitness* 02:00 Music with Paul Gaudet 07:00 Club 500 16	10:00 Place Côte-Vertu 02:00 Bocce 17	10:00 Maxi 11:30 Aqua fitness* 05:00 Christmas dinner* 18	02:00 Bocce 07:00 Bingo 19	20
21	10:00 Laval Center 10:00 Fitness 01:00 Meditation 01:30 Duplicate Scrabble 02:00 Yoga 22	10:00 Super C 11:00 Mass 11:00 Aqua fitness* 07:30 Christmas Choir 23	Christmas Eve 24	12:00 Christmas brunch 25	02:00 Bocce 07:00 Bingo 26	27
28	10:00 Fitness 01:00 Meditation 01:30 Duplicate Scrabble 29	10:00 IGA 11:00 Mass 07:00 Club 500 30	New Year's Eve 31			

