

OCTOBER

Neighbourhood

Legend

TH—Town Hall

MF— Main Street

TS—Town Square

SC—Social Club



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:15 Oaklands Fun & Fit 11:15 Nelson Fun & Fit	2 11:15 Brant Fun & Fit	3	4 10:00 Basketball Toss 11:00 Appleby TBF 2:00 Bronte TBF
5	6 Active Aging Week 9:15 Appleby Fun & Fit 11:15 Bronte Fun & Fit 2:30 NuStep Race (RH Cafe)	7 Active Aging Week 10:00 Standing Balance 2:00 Volleyball (Main Street)	8 Active Aging week 9:15 Oaklands Fun & Fit 11:00 Appleby TBF 11:15 Nelson Fun & Fit 1:00 Brant TBF 2:30 Bronte TBF	9 Active Aging week 11:00 Smoothies (Main Street)) 3:30 Nerf gun shooting Competition (RH/SC)	10 Active Aging Week Chair Dancing Video (TH)	11
12	13 Thanksgiving 9:15 Appleby Fun & Fit 11:15 Bronte Fun & Fit 1:30 Sweat Squad	14 10:00 Standing Balance 1:45 Group Fitness (Cardio)	15 9:15 Oaklands Fun & Fit 11:00 Appleby TBF 11:15 Nelson Fun & Fit 1:00 Brant TBF 2:30 Bronte TBF	16 11:15 Brant Fun & Fit 11:30 Basketball Toss 1:45 Seated Yoga	17	18 10:00 Basketball Toss 11:00 Appleby TBF 2:00 Bronte TBF
19	20 9:15 Appleby Fun & Fit 11:15 Bronte Fun & Fit 1:30 Sweat Squad	21 10:00 Standing Balance 1:45 Group Fitness (Cardio)	22 9:15 Oaklands Fun & Fit 11:00 Appleby TBF 11:15 Nelson Fun & Fit 1:00 Brant TBF 2:30 Bronte TBF	23 11:15 Brant Fun & Fit 11:30 Basketball Toss 1:45 Seated Yoga	24	25
26	27 9:15 Appleby Fun & Fit 11:15 Bronte Fun & Fit 1:30 Sweat Squad	28 10:00 Standing Balance 1:45 Group Fitness (Cardio)	29 9:15 Oaklands Fun & Fit 11:00 Appleby TBF 11:15 Nelson Fun & Fit 1:00 Brant TBF 2:30 Bronte TBF	30 11:15 Brant Fun & Fit 11:30 Basketball Toss 1:45 Seated Yoga	31 Halloween	