

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>October North shore, lakeview West shore Residents 2024</p>	<p>10:00-Sit- N- Fit-PR 1 1:30-Exercise</p>	<p>10:00-Sit- N- Fit-PR 2 10:00-Sit- N- Fit-PR 2</p> <p><small>Rosh Hashanah Begins</small></p>	<p>9:00- Exercise 3 10:00-Sit- N- Fit-PR</p>	<p>10:00-Sit- N- Fit-PR 4 2:00-SWEET SIPPERS (Ladies only)-TOA</p>	<p>Bus Trip if you RSVP In September for it!</p>	<p>5</p>
<p>10:00-Apostolic Church-CH 6 2:00-Lowell Druley-CH</p>	<p>10:00- John Denner-CH 7 6PM-Faithful Friends-CH</p>	<p>10:00-Sit- N- Fit-PR 8 COOKOUT- Rsvp by October 7th to Courtney Flyer came in with calendars!</p>	<p>10:00-Sit- N- Fit-PR 9 Courtney off</p>	<p>9:00- NO Exercise 10 10:00-Sit- N- Fit-PR Courtney off</p>	<p>10:00-Sit- N- Fit-PR 11 Courtney off</p> <p><small>Yom Kippur Begins</small></p>	<p>12</p>
<p>10:00-Apostolic Church-CH 13 2:00-Clek-CH</p>	<p>10:00-Sit- N- Fit-PR 14 <small>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</small></p>	<p>10:00-Sit- N- Fit-PR 15 No Exercise</p>	<p>10:00-Sit- N- Fit-PR 16 2:00-1st reformed Church-CH</p> <p><small>Sukkot Begins</small></p>	<p>9:00- Exercise 17 10:00-Sit- N- Fit-PR</p>	<p>10:00-Sit- N- Fit-PR 18</p>	<p>19</p>
<p>10:00-Apostolic Church-CH 20</p>	<p>10:00-Sit- N- Fit-PR 21</p>	<p>10:00-Sit- N- Fit-PR 22 1:30- NO Exercise</p>	<p>10:00-Sit- N- Fit-PR 23 Courtney off</p>	<p>9:00- NO Exercise 24 10:00-Sit- N- Fit-PR 7:00 - AC YOUNG GROUP DOOR 1 Courtney off</p> <p><small>Simchat Torah Begins</small></p>	<p>10:00-Sit- N- Fit-PR 25 2:00- Jim loving (Singing)-CH Courtney off</p>	<p>26</p>
<p>10:00-Apostolic Church-CH 27 2:00- Robert Farmer-CH</p>	<p>10:00-Sit- N- Fit-PR 28</p>	<p>10:00-Sit- N- Fit-PR 29 1:30-Exercise</p>	<p>10:00-Sit- N- Fit-PR 30</p>	<p>9:00- Exercise 31 10:00-Sit- N- Fit-PR BOO in Bluffton 6:00-7:00PM</p> <p><small>Halloween</small></p>	<p>Don't forget to sign up for the LAST 2 American Heritage Bus Trips if you need information on them see Courtney or Betty! Creation Museum RSVP by Oct 1st for Nov 11th Trip! A Christmas Story RSVP by Nov 1st for Dec 11th Trip!! Courtney will be at a work conference oct 9-11. Courtney will be on vacation oct 23-25.</p>	

TO-Three Oaks, SMS-Sugar Maple Suites, PP-Patio Pines, WL-Willow Lane, CH-Chapel, FR-Fellowship Room, Pool Room-PR, TOA- Three Oak Activity Room *Calendar Subject to Change.