

Tel:905-987-0516

October

SUNDAY	MONDAY GOLD ONLY	TUESDAY GOLD ONLY	WEDNESDAY	THURSDAY EUCHRE: 6:00PM	FRIDAY MOVIES: 6:30pm	SATURDAY
	 Aqua Fit	SIGN UPS FOR NEXT AQUA FIT & YOGA CLASSES IS OCTOBER 1ST SEE RECEPTION To book your spot	Gentle YOGA stretch•unwind•relax	1 Dart Night 7:00pm Movies: 6:30pm MOVIE NIGHT	2	
3 	4 6:00-6:45pm Class: 3 Gentle YOGA stretch•unwind•relax	5	6 10:15-11:00 11:30—12:15 Class: 2  Aqua Fit	7 At 6:00PM Euchre 	8 Dart Night 7:00pm Movies: 6:30pm MOVIE NIGHT	9
10 At 70 & 80 Shipway's Court- yard at 4:00pm 	11 WE ARE CLOSED TODAY  Happy Thanksgiving	12 	13 10:15-11:00 11:30-12:15 Class: 3  Aqua Fit	14 At 6:00PM Euchre 	15 Dart Night 7:00pm Movies: 6:30pm MOVIE NIGHT	16
17 	18 6:00-6:45pm Class: 4 Gentle YOGA stretch•unwind•relax	19 Harvest Tea With Newcastle Home Décor !!! Bring on Fall..... @ 1:00pm 	20 10:15-11:00 11:30—12:15 Class: 4  Aqua Fit	21 At 6:00PM Euchre 	16 Dart Night 7:00pm Movies: 6:30pm MOVIE NIGHT	23
24 	25 5:00-5:45pm 6:00-6:45pm Next Set of Yoga Classes Begins Gentle YOGA stretch•unwind•relax	26	27 10:15-11:00 11:30—12:15 Next set of Aqua Fit Classes begins  Aqua Fit	28 At 6:00PM Euchre 	29 Karaoke is SOLD OUT! HALLOWEEN KARAOKE PARTY	30 31 Happy Halloween 

Monday: 9:00am— 9:00pm
 Tuesday: 9:00am— 9:00pm GOLD MEMBER HOURS
 Wednesday: 9:00am— 9:00pm
 Thursday: 9:00am— 9:00pm
 Friday: 9:00am— 9:00pm
 Sat/Sun: 9:00am— 6:00pm



“NON GOLD” ME!
 NO ENTRY: MONDAY & TUESDAY’S- GOLD ONLY !!!
 WEDNESDAY TO SUNDAY: 10:00AM—CLOSE
 FITNESS ROOM USE: 12:00PM—CLOSE

Watch for our **CHRISTMAS KARAOKE PARTY**
 coming up ON: **SATURDAY, DECEMBER 18TH/21.**
DETAILS TO FOLLOW.....

