

Tel:905-987-0516



SUNDAY	MONDAY GOLD ONLY	TUESDAY GOLD ONLY YOGA 4pm-4:45pm	WEDNESDAY AQUAFIT 9:15-10AM	THURSDAY EUCHRE: 6:00PM BAR OPEN 5PM	FRIDAY MOVIES: 6:30pm PUB NIGHT 5-9PM	SATURDAY
	FOOD DRIVE FROM OCTOBER 5TH-10TH Please Drop Off at 70 & 80 Shipway Ave	meet & greet Complimentary Refreshments	In the Lounge 6:30-8pm Come & Meet Tom Dingwall Running for MAYOR	1 	2 MOVIE NIGHT 	3
4 	5 10AM-Noon CRAFT & CHAT	6 At: 6:30pm BOARD GAME NIGHT	7 6:30PM-8PM meet & greet	8 	9 MOVIE NIGHT 	10 What are YOU Thankful For?
11 	12 OPEN 11am-4pm Happy Thanksgiving	13 4:00-4:45pm Gentle YOGA stretch·unwind·relax	14 Aqua Fit	15 	16 MOVIE NIGHT 	17
18	19 10AM-Noon CRAFT & CHAT	20 Harvest Tea 1:00pm Games Night 6:30pm-8:30pm Gentle YOGA stretch·unwind·relax	21 9:15-10:00am Aqua Fit	22 	23 At: 7:00pm HALLOWEEN KARAOKE PARTY	24
25 	26 10am-Noon CRAFT & CHAT	27 Gentle YOGA stretch·unwind·relax	28 9:15-10:00am Aqua Fit	29 	30 MOVIE NIGHT 	31

Monday: 9:00am— 9:00pm
Tuesday: 9:00am— 9:00pm
Wednesday: 9:00am— 9:00pm
Thursday: 9:00am— 9:00pm
Friday: 9:00am-9:00pm- BAR OPEN 5pm-9pm
Sat/Sun: 9:00am— 6:00pm

Come in We're OPEN

NON GOLD - MEMBER HOURS
NO ENTRY: MONDAY & TUESDAY'S- GOLD ONLY !!!

WEDNESDAY TO SUNDAY: 10:00AM—CLOSE
FITNESS ROOM USE: 12:00PM—CLOSE

TUESDAY, OCTOBER 20th, 2026
HARVEST TEA ON THE TUESDAY-Just this Tea
TUESDAY TEA— NOT WEDNESDAY!!!



Health Soaps
BATH & BODY

FYI change of date

Get some early Christmas Shopping done Ladies!
Enjoy a lovely "HARVEST AFTERNOON TEA"....with all the flavors Of FALL, Sip on some warm apple cider....TICKETS ON SALE NOW!