

October 2018

Mon	Tue	Wed	Thu	Fri
1 1:30-2:30 Music Club at ELC \$1	2 1:45-2:45 Music Therapy \$7	3 10:30-11 Dance at Infinity – Cost \$8.50 1 – 3pm Bowling at Mike’s Lanes \$5	4 10 – 12 – Potato Peeling for L’Arche Thanksgiving at the Ark	5 10:15 – 11am Walking Club at the Rec Centre
8 Thanksgiving Day – Ark Closed	9 1:45-2:45 Music Therapy \$7	10 10:30-11 Dance at Infinity – Cost \$8.50 1 – 3pm Bowling at Mike’s Lanes \$5	11	12 10:15 – 11am Walking Club at the Rec Centre
15 1:30-2:30 Music Club at ELC \$1	16 1-3 Band Jam	17 10:30-11 Dance at Infinity – Cost \$8.50 1 – 3pm Bowling at Mike’s Lanes \$5	18	19 10:15 – 11am Walking Club at the Rec Centre
22 1:30-2:30 Music Club at ELC \$1	23 1:45-2:45 Music Therapy \$7	24 10:30-11 Dance at Infinity – Cost \$8.50 1 – 3pm Bowling at Mike’s Lanes \$5	25	26 10:15 – 11am Walking Club at the Rec Centre
29 1:30-2:30 Music Club at ELC \$1	30 1:45-2:45 Music Therapy \$7	31 10:30-11 Dance at Infinity – Cost \$8.50 Happy Halloween – Costumes welcome at the Ark! 1 – 3pm Bowling at Mike’s Lanes \$5		