Intermediate Drop in Bridge Saturday afternoons

Thanksgiving Lunch Wednesday celebrated Oct 7th

Special Interest Group (SIG) Leaders Biannual Meeting, Oct 26th

Thanksgiving Day, October 12th Office CLOSED / Centre OPEN

School Non-instructional Day Oct 23

OCTOBER 2026

Saanich classes
CB55+ courses
& events

DAY	am/pm	Seaside	Courtyard	Café/Lounge	Studio	Off-site
MON	**am**	**Women's Fitness** ***Zoom only*** 8:45 - 9:45 am **Men's Fitness** 8:30 - 9:30 am		**Coffee** 9:30 to noon **Muffin Monday**	**Beginner Bridge DROP-IN SIG** 9:00–11:30	**Hot Shots** 10:00-11:00 **Golf** – Late AM as announced, Mt. Doug
	pm	**Art Group** 12:30 to 3:00 pm **Gentle Fit** 3:30 – 4:30 pm * Hatha Yoga 5:30-6:45 #164594 to Oct 26 / new course #164595 Nov 2-Dec 14		**Monday Games** 1:00 – 4:00	**Texas Hold 'em** 1:00-4:00 pm (1st / 3rd) Oct 5/ 19 **Monday Games** 1:00 - 4:00 (2nd/ 4th) Oct 12/ 26	
TUE	**am**	**Women's Fitness** ***Zoom*** only 8:45 - 9:45 am **Tuesday Drop-in** Coffee 9:30/ Speaker 10:00-11:30		**Coffee** 9:30 to noon		
	pm	Tai Chi Course 12:30 – 1:00 Tai Chi Course 1:30 – 2:00 to Oct 27 **CB55+ Music Collective** 2:15 - 3:45 **Women's Stretch & Strength** 4:00 – 5:00		**Book Club** 1:30- 3:00 **Between Covers** (1st) **Dominoes** 1:00-3:30 (3rd) Oct 20	**Book Clubs** 1:30-3:30 **Bookmarks** (2nd) Oct 13 **Worth A Read** (4th) Oct 27	**Pickleball** 1:30–3:30 Commonwealth Gym
WED	**am**	**Men's Fitness** 8:30 – 9:30 **Ukulele Spin-offs** 10:00 – 11:00 **CB Ukuleles** 11:00–12:30		**Coffee** 9:30 to noon	**Wednesday lunch** 11:30 – 12:30	**Golf** – Late morning as ann'd, the Ridge
	pm	**Bridge SIG Intermediate** 1:00 – 4:00		**Cribbage** 1:00– 3:00	**Studio Group –** 1:30 – 4:00 pm	
THU	**am**	**Women's Fitness** ***Zoom*** only 8:45 – 9:45 **Women's Stretch & Strength** 9:00 – 10:00 **Gentle Fit** 10:15 – 11:15		**Coffee** 9:30 to noon **Muffin Thursday**	**Board** 9:00 - 11:00 (2nd) Oct 8	
	pm	**Ping Pong** 11:30–1:30 pm **Blue Heron Singers** 2:00–3:30 **Cordova Bay Kitchen Party** 3:45–5:15 weekly starting Oct 1st		**Coffee** 9:30 to noon	**Blue Heron Writers** 1:30 – 4:00 (1st/ 3rd) Oct 1/ 15	**Pickleball** 1:30 – 3:30 / McMinn Park *Public Play, Weather dependent*
FRI	**am**	* Line Dancing 10:15–11:30 #164591 to Oct 23 / new session #164592 Oct 30 – Dec 11 **Gentle Somatic Yoga™ Class** 11:45-12:35 to Oct 16				**Photography** 10am (1st/3rd) Oct 1/16 **9:30 AM HIKES** Hiking Group Walking with Dogs Walking Group
	pm	**On The Go Again** 2:00-4:00		**Mah Jong** 1:00–3:30	**Mah Jong** 1:00 – 3:30	
SAT	**pm**			**Intermediate Drop in Bridge** 1:00 – 4:00 Oct 3 to Nov 28		