

**CB55+ ACTIVITY SCHEDULE
OCTOBER/NOVEMBER, 2021**

<p align="center">WELCOME BACK! Schedule is Subject to Change</p>		<p align="center">Schedule in effect October, 2021</p>			
<p align="center">Please visit the Groups tab on this website for more details on activities of interest</p>					
<p align="center">O c t o b e r 2021</p>		<p align="center">Seaside / Courtyard</p>	<p align="center">Studio</p>	<p align="center">Lounge</p>	<p align="center">Off-Site & Special</p>
<p align="center">MONDAY</p>	<p align="center">am</p>	<p>Men's Fitness 9:00 - 10:00 in Centre and Zoom Women's Fitness 10:30-11:30 Zoom only</p>	<p>Beginners Bridge 9:00 - 10:30 Sept. 20 - Nov. 15</p>		<p>Hot Shots 10:00 - 11:30 Badminton Hall</p>
	<p align="center">pm</p>	<p>Art Group (3rd week - Centre) Beginners Yoga with Tessa Rae 5:30 - 7:30 pm</p>	<p>iPhone/iPad Basics & Beyond 1:00 - 3:00</p>		
<p align="center">TUESDAY</p>	<p align="center">am</p>	<p>Women's Fitness 8:45 - 9:45 (Zoom) Tuesday Drop-In Speakers Program 10:00 - 11:30</p>			
	<p align="center">pm</p>	<p>Gentle Yoga 3:00 - 4:00</p>	<p>Dominoes 3rd Worth a Read Book Club 4th Tues 2:00 - 4:00</p>		<p>Pickleball 1:30 - 3:30 Commonwealth Place</p>
<p align="center">WEDNESDAY</p>	<p align="center">am</p>	<p>Men's Fitness 8:55 - 9:55 in Centre and Zoom Balance & Strength 10:00 - 11:00 Happy Strummers 11:15 - 12:45</p>			
	<p align="center">pm</p>	<p>Bridge Group 1:00 - 4:00</p>	<p>Studio Group 1:30 - 4:00</p>	<p>Cribbage Group 1:00 - 3:00 Wed. Evening Games 7:00 - 9:00 2nd & 4th Wed</p>	
<p align="center">THURSDAY</p>	<p align="center">am</p>	<p>Women's Fitness (Zoom only) 9:30 - 10:30</p>	<p>Board Meeting 2nd Thurs 9:00 - 11:00 Poetry Group 10:00 - 12:00 Resumes October 28</p>		<p>Golf Group: Mt. Doug Ongoing until the end of October, weather permitting</p>
	<p align="center">pm</p>	<p>Ping Pong 12:30 - 2:00 Choir 1:30- 4:00 TBA</p>			<p>Pickleball 1:30 - 3:30 McMinn Park</p>
<p align="center">FRIDAY</p>	<p align="center">am</p>	<p>Line Dancing 10:15 - 11:30</p>			<p>Hiking Group 8:50 Walking w/ Dogs 9:15 Walking Group 9:30 Digital Photo 1st & 3rd 10:00 - 11:30 see under the Groups tab on the website</p>
	<p align="center">pm</p>	<p>On The Go Again 1:30 - 3:30 ON HOLD</p>	<p>Mah jong 1:00 - 4:00</p>		