

OCTOBER 2025 SENIORS PROGRAM CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Group Info
	1 Late Life Planning Day Program- 10:30a-12:30p Alpha House 1p-2:30p	2 Amazing and Aging Seniors Health and Wellness Fair- Trail Library 10am-2pm *	3 Seniors Bocce 1:30-3pm	4 Seniors Rock- TAAC Gym 1:30-3:30 (snacks afterward)	*October 1/25- Please confirm attendance in advance with Bryhre for the Seniors Health and Wellness Fair and register with the library.
6 	7 Late Life Planning Day Program- 10:30a-11:30p Alpha House 1p-2:30p	8 Community Meeting Bridgeview Cafe 1:30-4:30	9 Late Life Planning Fruitvale House 1:00pm-4:30pm	10 Self Expression- TAAC Gym 1:30-3:30 (snacks afterward)	
13 	14 Late Life Planning Day Program- 10:30a-11:30p Alpha House 1p-2:30p	15 Community Meeting A&W Trail Monthly Planning 1:30p-4:30p	16 Late Life Planning Fruitvale House 1:00pm-4:30pm	17 Self Expression- TAAC Gym 1:30-3:30 (snacks afterward)	
20 	21 Late Life Planning Day Program- 10:30a-11:30p Alpha House 1p-2:30p	22 Seniors Dance at the Tek Gym- \$6 Register in advance 2pm-4pm	23 Late Life Planning Fruitvale House 1:00pm-4:30pm	24 Self Expression- TAAC Gym 1:30-3:30 (snacks afterward)	
27 	28 Late Life Planning Alpha House-10:30a-11:30a Alpha House- 1p-2:30p	29 Seniors Cooking at the Inclusion Centre- Hallowe'en cupcakes 1:30-4:30 PM	30 Late Life Planning Fruitvale House 1:00pm-4:30pm	31 Self Expression- TAAC Gym 1:30-3:30 (snacks afterward)	