

TACL SENIORS PROGRAM CALENDAR SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Group Info
	2 Late Life Planning- DP-10:30a-12:30p Alpha House- 1p-2:30p	3 Community Meeting 1:30-4:30 A&W Trail \$5	4	5 Seniors Rock- TAAC Gym 1:30p-3:30p (snacks & social)	For More Info: 250-512-9224
8 	9 Late Life Planning DP- 10:30a-12:30p Alpha House- 1p-2:30p	10 Columbia Seniors Wellness Society 10am-12:30pm 24 Laurier Fruitvale \$2	11 Fruitvale House- LLP 1pm-4:30pm	12 Seniors Rock- TAAC Gym 1:30-3:30 (snacks afterward)	
15	16 Late Life Planning DP- 10:30a-12:30p Alpha House- 1p-2:30p	17 Monthly Planning Seniors Cooking at the Inclusion Centre- Quesadillas/Mocktails 1:30-4:30 PM No charge	18 Fruitvale House- LLP 1pm-4:30pm	19 Seniors Rock- TAAC Gym 1:30-3:30 (snacks)	
22	23 Late Life Planning DP 10:30a-12:30p Alpha House-1p-2:30p	24 Seniors Dance at the Tek Gym 2pm-4pm \$6 register in advance	25 Fruitvale House- LLP 1pm-4:30pm	26 Seniors Rock- TAAC Gym 1:30-3:30 (snacks afterward)	
	30 Late Life Planning DP-10:30a-12:30p Alpha House 1p-2:30p				