



october

2026



 CENTRE COMMUNAUTAIRE GEORGE-MCLEISH

 PARC SENNEVILLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			  Chess Club 1 p.m.	  Social Café 8 a.m. to 9:30 a.m. 		
  Dynamic Stretching 1:30 p.m. to 2:30 p.m.	  Tea Time 1 p.m.	 Gentle Aerobics 10 a.m. to 11 a.m. 		 Social Café 8 a.m. to 9:30 a.m. Gentle Aerobics 10 a.m. to 11 a.m. Murder Mystery Night 7 p.m.   	 Migratory Bird Day 9 am to 2:30 p.m. National Seniors' Day BBQ 12 p.m. to 2 p.m.  	
  Dynamic Stretching 1:30 p.m. to 2:30 p.m.	  Tea Time 1 p.m.	 Gentle Aerobics 10 a.m. to 11 a.m. 	  Chess Club 1 p.m.	  Social Café 8 a.m. to 9:30 a.m. Gentle Aerobics 10 a.m. to 11 a.m. 		 Halloween Party 1 p.m. to 4 p.m. 
  Dynamic Stretching 1:30 p.m. to 2:30 p.m. Yogalates 4:15 p.m. to 5:15 p.m. 	  Tea Time 1 p.m.	 Gentle aerobics 10 a.m. to 11 a.m. 	  Chess club 1 p.m.	 Social Café 8 a.m. to 9:30 a.m. Gentle aerobics 10 a.m. to 11 a.m. Pumpkin painting 7 p.m.   		
  Dynamic Stretching 1:30 p.m. to 2:30 p.m. Yogalates 4:15 p.m. to 5:15 p.m. 		 Gentle Aerobics 10 a.m. to 11 a.m. Historical Society 1 p.m. to 3:30 p.m.  	  Chess Club 1 p.m.	 Social Café 8 a.m. to 9:30 a.m. Gentle Aerobics 10 a.m. to 11 a.m. Haunted House 7 p.m. to 9 p.m.   		

