

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><b>Happy 5<sup>th</sup> Anniversary Lanark Lifestyles WEAR BLACK &amp; SILVER</b> 1</p> <p>10:00am- Pharmacy Talk with <b>Becky- YS</b></p> <p>10:30am- Blood Pressure &amp; Weight Clinic- 3L</p> <p>11:00am- Line Dancing with Debbie- A</p> <p>2:00pm- 4:00pm- Celebrating Lanark Lifestyles 5<sup>th</sup> Anniversary- ML</p>	<p>2</p> <p>9:00am- Morning Walks</p> <p>10:00am- Crosswords with Kirsten- 3L</p> <p>11:00am- Morning Fitness- A</p> <p>2:00pm- Crafts with Lexi- 3L</p> <p>3:00pm- Afternoon Walks</p> <p>Rosh Hashanah Begins</p>	<p>3</p> <p>9:30am- Music with Barb- 2L</p> <p>10:00am- DrumFit with Lexi- A</p> <p>10:30am- Chit &amp; Chat with Lexi- 3L</p> <p>1:45pm- BINGO with Kirsten- 3L</p> <p>2:00pm- Water Fitness with Lexi- P</p>	<p>4</p> <p>9:00am- Morning Walks</p> <p>10:00am- Morning Documentary- 2L</p> <p>10:00am- Crosswords with Kirsten- 3L</p> <p>11:00am- Morning Stretches with Lexi- A</p> <p>2:00pm- Happy Hour &amp; Entertainment by Ron Edgeley- ML</p>	<p>5</p> <p>9:00am- Morning Walks</p> <p>10:00am- Morning Movie- 2L</p> <p>2:00pm-4:00pm- Euchre, Cribbage &amp; Billiards with Jack &amp; Linda- ML</p> <p>3:00pm- Afternoon Walks</p> <p>7:00pm- Musical Evening with Graeme Crabb- ML</p>
<p>6</p> <p>9:00am- Morning Walks</p> <p>10:00am- Piano with Audrey- ML</p> <p>10:00am- Virtual Church Service- 2L</p> <p>2:00pm- Piano with Velda- ML</p> <p>3:00pm- Afternoon Walks</p>	<p>7</p> <p>9:00am- Morning Walks</p> <p>10:00am- Shopping &amp; Lunch in Perth with Lexi (sign-up required)</p> <p>11:00am- Morning Fitness- A</p> <p>1:30pm- Knit &amp; Natter- 3L</p> <p>3:00pm- Afternoon Walks</p> <p>6:30pm- Paint &amp; Wine night with Leanne &amp; Lexi- PR</p>	<p>8</p> <p>9:00am- Morning Walks</p> <p>10:00am- Pancake Breakfast with Lexi &amp; Kirsten- 3L</p> <p>10:30am- Bible Study with Jeff Nault- 3L</p> <p>11:00am- Line Dancing with Debbie- A</p> <p>2:00pm- Yoga with Lexi- A</p> <p>2:00pm-4:00pm- Euchre, Cribbage &amp; Billiards with Jack &amp; Linda- ML</p> <p>3:00pm- Afternoon Walks</p>	<p>9</p> <p>9:30am- Music with Barb- 2L</p> <p>10:00am- Crosswords with Kirsten- 3L</p> <p>10:00am- Morning Stretches with Lexi- 2L</p> <p>11:00am- Morning Fitness- A</p> <p>2:00pm- Birthday Party with Tom Valliquette- ML</p>	<p>10</p> <p>10:00am- DrumFit with Lexi- A</p> <p>10:30am- Chit &amp; Chat with Lexi- 3L</p> <p>2:00pm- Flower Arranging with Lexi- 3L (Sign-up Required)</p> <p>2:00pm- Food Forum- A</p> <p>3:00pm- Afternoon Walks</p>	<p>11</p> <p>9:00am- Morning Walks</p> <p>10:00am- Morning Documentary- 2L</p> <p>10:00am- Crosswords with Kirsten- 3L</p> <p>11:00am- Morning Stretches with Lexi- A</p> <p>2:15pm- Happy Hour with Lexi- ML</p> <p>Yom Kippur Begins</p>	<p>12</p> <p>9:00am- Morning Walks</p> <p>10:00am- Morning Movie- 2L</p> <p>2:00pm-4:00pm- Euchre, Cribbage &amp; Billiards with Jack &amp; Linda- ML</p> <p>3:00pm- Afternoon Walks</p>
<p>13</p> <p>9:00am- Morning Walks</p> <p>10:00am- Piano with Audrey- ML</p> <p>10:00am- Virtual Church Service- 2L</p> <p>2:00pm- Piano with Velda- ML</p> <p>3:00pm- Afternoon Walks</p>	<p>14</p> <p></p> <p>9:00am- Morning Walks</p> <p>1:30pm- Knit &amp; Natter- 3L</p> <p>3:00pm- Afternoon Walks</p> <p>LEXI IS OFF</p> <p>Thanksgiving Day (Canada)</p> <p>Indigenous Peoples' Day</p> <p>Columbus Day (US)</p>	<p>15</p> <p>10:00am- Fashions of Westport Clothing Display- A (Can Purchase)</p> <p>10:00am- Musical Morning with Andrew- 2L</p> <p>2:00pm- Fashion Show by "Fashions of Westport- A"</p> <p>2:00pm-4:00pm- Euchre, Cribbage &amp; Billiards with Jack &amp; Linda- ML</p> <p>Sukkot Begins</p>	<p>16</p> <p>9:00am- Morning Walks</p> <p>9:45am- Seniors Helping Seniors with Lexi- Lanark Lodge</p> <p>10:00am- Crosswords with Kirsten- 3L</p> <p>11:00am- Morning Fitness- A</p> <p>2:00pm- Town Hall Meeting- A</p>	<p>17</p> <p>9:00am- Morning Walks</p> <p>9:30am- Music with Barb- 2L</p> <p>10:00am- Bus Outing &amp; Picnic to Calabogie with Lexi</p> <p>1:45pm- BINGO with Kirsten- 3L</p> <p>3:00pm- Afternoon Walks</p>	<p>18</p> <p>9:00am- Morning Walks</p> <p>10:00am- Morning Documentary- 2L</p> <p>10:00am- Crosswords with Kirsten- 3L</p> <p>11:00am- Morning Stretches with Lexi- A</p> <p>2:00pm- Happy Hour &amp; Entertainment by Paul Milotte- ML</p>	<p>19</p> <p>9:00am- Morning Walks</p> <p>10:00am- Morning Movie- 2L</p> <p>2:00pm-4:00pm- Euchre, Cribbage &amp; Billiards with Jack &amp; Linda- ML</p> <p>3:00pm- Afternoon Walks</p>
<p>20</p> <p>9:00am- Morning Walks</p> <p>10:00am- Piano with Audrey- ML</p> <p>10:00am- Virtual Church Service- 2L</p> <p>2:00pm- Piano with Velda- ML</p> <p>3:00pm- Afternoon Walks</p>	<p>21</p> <p></p> <p>9:00am- Morning Walks</p> <p>10:00am- 3:00pm- Holiday Market- P1&amp;P2</p> <p>1:30pm- Knit &amp; Natter</p> <p>3:00pm- Afternoon Walks</p>	<p>22</p> <p>9:00am- Morning Walks</p> <p>10:00am- DrumFit with Lexi- A</p> <p>11:00am- Line Dancing with Debbie- A</p> <p>2:00pm- Yoga with Lexi- A</p> <p>2:00pm-4:00pm- Euchre, Cribbage &amp; Billiards with Jack &amp; Linda- ML</p> <p>3:00PM- Afternoon Walks</p>	<p>23</p> <p>9:00am- Morning Walks</p> <p>10:00am- Crosswords with Kirsten- 3L</p> <p>10:00am- Morning Stretches with Lexi- 2L</p> <p>11:00am- Morning Fitness- A</p> <p>2:00pm- Musical Afternoon with Rick Leben- ML</p> <p>3:00pm- Afternoon Walks</p>	<p>24</p> <p>9:30am- Music with Barb- 2L</p> <p>10:00am- DrumFit with Lexi- A</p> <p>10:30am- Chit &amp; Chat with Lexi- 3L</p> <p>1:45pm- BINGO with Kirsten- 3L</p> <p>2:00pm- Ice Cream Sundae's with Lexi- 2L</p> <p>3:00pm- Afternoon Walks</p> <p>Simchat Torah Begins</p>	<p>25</p> <p>9:00am- Morning Walks</p> <p>10:00am- Morning Documentary- 2L</p> <p>10:00am- Crosswords with Kirsten- 3L</p> <p>11:00am- Morning Stretches with Lexi- A</p> <p>2:15pm- Happy Hour with Lexi- ML</p>	<p>26</p> <p>9:00am- Morning Walks</p> <p>10:00am- Morning Movie- 2L</p> <p>2:00pm-4:00pm- Euchre, Cribbage &amp; Billiards with Jack &amp; Linda- ML</p> <p>3:00pm- Afternoon Walks</p>
<p>27</p> <p>9:00am- Morning Walks</p> <p>10:00am- Piano with Audrey- ML</p> <p>10:00am- Virtual Church Service- 2L</p> <p>2:00pm- Piano with Velda- ML</p> <p>3:00pm- Afternoon Walks</p>	<p>28</p> <p>9:00am- Morning Walks</p> <p>10:00am- Water Fitness with Lexi- P</p> <p>1:30pm- Knit &amp; Natter- 3L</p> <p>2:00pm- Panting Pumpkins with Lexi- 2L</p> <p>3:00pm- Afternoon Walks</p> <p>6:30pm- Paint &amp; Wine night with Leanne &amp; Lexi- PR</p>	<p>29</p> <p>9:00am- Morning Walks</p> <p>10:00am- Musical Morning with Andrew- 2L</p> <p>11:00am- Line Dancing with Debbie- A</p> <p>2:00pm- Apple Cider with Lexi- ML</p> <p>2:00pm-4:00pm- Euchre, Cribbage &amp; Billiards with Jack &amp; Linda- ML</p>	<p>30</p> <p>9:00am- Morning Walks</p> <p>9:30am- Music with Barb- 2L</p> <p>10:00am- Crosswords with Kirsten- 3L</p> <p>11:00am- Morning Fitness- A</p> <p>2:00pm- Carving Pumpkins with Lexi- 3L</p> <p>3:00pm- Afternoon Walks</p>	<p>31</p> <p> WEAR ORANGE &amp; BLACK</p> <p>10:00am- DrumFit with Lexi- A</p> <p>10:30am- Chit &amp; Chat with Lexi- 3L</p> <p>2:00PM- Halloween Party with Chris Murphy- ML</p> <p>Halloween</p>	<p><b>SIGN UP REQUIRED FOR THE FOLLOWING:</b></p> <p>PERTH SHOPPING &amp; LUNCH WITH LEXI</p> <p>PANCAKE BREAKFAST WITH LEXI</p> <p>FLOWER ARRANGING WITH LEXI</p> <p>PAINT &amp; WINE NIGHTS WITH LEXI (COST 20\$)</p> <p><b>SPECIAL EVENTS:</b></p> <p>5 YEAR ANNIVERSARY CELEBRATION</p> <p>HOLIDAY MARKET</p> 	

**TUCK SHOP:** OPEN WEDNESDAYS FROM 10:30AM-11:30AM/ **LEGEND:** A=AUDITORIUM/B=BISTRO/ML=MAIN LOBBY/2L=2<sup>ND</sup> FLOOR/3L=3<sup>RD</sup> FLOOR LOUNGE/4L=LIBRARY/PR=PARTY ROOM/P=POOL