



LAKE COUNTRY ACTIVITY CENTRE – OCTOBER 2026 CALENDAR

ALL ACTIVITIES ARE 'DROP-IN' (except Big Band, Duplicate Bridge & Chair Yoga)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
	L = Lower level LL = Library M = Main PF = Private Function TG = Table Games			M-PF: 6:15am-8:30am Scrabble: 9-11:45am Sewing: 12:00-5pm Yoga: 5:30-6:30pm Big Band: 7-10pm LL-AA Meeting: 7-8pm	Duplicate Bridge: 9am-1pm LL-AA Meeting: 7-8pm	Quilting: 10am-4:30pm
4	5	6	7	8	9	10
M-PF: 5:30-8pm	LL-PF: 9-11am LC Artists: 9:30am-12:30pm TG/Mahjong: 1-4pm LL-AA Meeting: 7-8pm	LL-AA Meeting: 12pm-1pm Line Dancing: 2-3pm Chair Yoga: 4-5pm Flow Yoga: 5:30-6:30pm Bridge: 7-10pm	Fitness: 8:30-9:30am TG/Cards: 9:45am-1pm Tai Chi- Continuing: 1:30-2:30pm Tai Chi- Beg: 2:45-3:45pm M-PF: 4:30-8:30pm LL-AA Meeting: 7-8pm	Scrabble: 9-11:45am Sewing: 12:00-5pm Yoga: 5:30-6:30pm Big Band: 7-10pm LL-AA Meeting: 7-8pm	Duplicate Bridge: 9am-1pm Tai Chi- Continuing: 1:30-2:30pm Tai Chi- Beg: 2:45-3:45pm LL-AA Meeting: 7-8pm	Quilting: 10am-4:30pm
11	12	13	14	15	16	17
	LC Artists: 9:30am-12:30pm TG/Mahjong: 1-4pm LL-AA Meeting: 7-8pm	Lunch: 11am – 1pm LL-AA Meeting: 12pm-1pm Line Dancing: 2-3pm Chair Yoga: 4-5pm Flow Yoga: 5:30-6:30pm Bridge: 7-10pm	Fitness: 8:30-9:30am TG/Cards: 9:45am-1pm Tai Chi- Continuing: 1:30-2:30pm Tai Chi- Beg: 2:45-3:45pm M-PF: 4:30-8:30pm LL-AA Meeting: 7-8pm	M-PF: 6:15am-8:30am Scrabble: 9-11:45am Sewing: 12:00-5pm Yoga: 5:30-6:30pm Big Band: 7-10pm LL-AA Meeting: 7-8pm	Duplicate Bridge: 9am-1pm Tai Chi- Continuing: 1:30-2:30pm Tai Chi- Beg: 2:45-3:45pm LL-AA Meeting: 7-8pm	Quilting: 10am-4:30pm
18	19	20	21	22	23	24
Crib Tournament: 10am–3pm	LC Artists: 9:30am-12:30pm TG/Mahjong: 1-4pm LL-AA Meeting: 7-8pm	Lunch: 11am – 1pm LL-AA Meeting: 12pm-1pm Line Dancing: 2-3pm Chair Yoga: 4-5pm Flow Yoga: 5:30-6:30pm Bridge: 7-10pm	Fitness: 8:30-9:30am TG/Cards: 9:45am-1pm Tai Chi- Continuing: 1:30-2:30pm Tai Chi- Beg: 2:45-3:45pm M-PF: 4:30-8:30pm LL-AA Meeting: 7-8pm	Scrabble: 9-11:45am Sewing: 12:00-5pm Yoga: 5:30-6:30pm Big Band: 7-10pm LL-AA Meeting: 7-8pm	Duplicate Bridge: 9am-1pm Tai Chi- Continuing: 1:30-2:30pm Tai Chi- Beg: 2:45-3:45pm LL-AA Meeting: 7-8pm	Bridge Tournament: 10am-4:30pm
25	26	27	28	29	30	31
Crib Tournament: 10am–3pm	LC Artists: 9:30am-12:30pm TG/Mahjong: 1-4pm LL-AA Meeting: 7-8pm	Lunch: 11am – 1pm LL-AA Meeting: 12pm-1pm Line Dancing: 2-3pm Flow Yoga: 5:30-6:30pm Bridge: 7-10pm	Fitness: 8:30-9:30am TG/Cards: 9:45am-1pm Tai Chi- Continuing: 1:30-2:30pm Tai Chi- Beg: 2:45-3:45pm M-PF: 4:30-8:30pm LL-AA Meeting: 7-8pm	Scrabble: 9-11:45am Sewing: 12:00-5pm Yoga: 5:30-6:30pm Big Band: 7-10pm LL-AA Meeting: 7-8pm	Duplicate Bridge: 9am-1pm Tai Chi- Continuing: 1:30-2:30pm Tai Chi- Beg: 2:45-3:45pm LL-AA Meeting: 7-8pm	Quilting: 10am-4:30pm

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Located at 9830B Bottom Wood Lake Road, Lake Country V4V 1S7 - Office open Wednesday-Thursday-Fridays 10am to 2pm