



October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
			NOTE: NO CHAT TODAY	WRAP		
13	14	15	16	17	18	19
	CLOSED-HOLIDAY	GROUNDING THROUGH ART LIVING LIFE/FULLEST		WRAP		
20	21	22	23	24	25	26
		LIVING LIFE/FULLEST	WOMEN'S GROUP AFTERNOON CHAT	WRAP		
27	28	29	30	31		
		LIVING LIFE/FULLEST		WRAP		

AM CLASS – 10:00 AM – 12:00 PM PM CLASS – 1:30 PM – 3:30 PM UNLESS OTHERWISE NOTED
To Register, Call 519-371-3642 x1229