

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Gentle Fitness 11:15AM-12:15PM	2 Private Meeting 9:00-10:00AM Move 'n Mingle 10:00-10:45AM Arts' N Ends (Painting) 11:15-2:15PM	3 Games N' More 10:30AM-12:00PM Community Connects 1:00-3:00PM	4 Cultivate East Village 9:30AM-12:00PM Arts' N Ends (Drawing) 12:30-3:30PM	5 Move 'n Mingle 10:00-10:45AM Chair Yoga 11:30-12:30 Zumba Gold 1:00-2:00PM Hablemos español 2:30-4:00PM	6 CLOSED
7 Lifespring Community Church 10:30AM-12:00PM	8 THANKSGIVING HOLIDAY CLOSED	9 Move 'n Mingle 10:00-10:45AM Arts' N Ends (Painting) 11:15-2:15PM Deaf & Hear Alberta Peer-to-Hear Mentoring 2:30-3:30PM	10 Games N' More 10:30AM-12:00PM Community Connects (with Nancy Dick) 1:00-3:00PM	11 Cultivate East Village 9:30AM-12:00PM Arts' N Ends (Drawing) 12:30-3:30PM	12 Move 'n Mingle 10:00-10:45AM Chair Yoga 11:30-12:30 Zumba Gold 1:00-2:00PM Hablemos español 2:30-4:00PM	13 CLOSED
14 Lifespring Community Church 10:30AM-12:00PM	15 Gentle Fitness 11:15AM-12:15PM Matched Saving Program 1:00-4:00PM Infertility/Pregnancy Loss Support Group 6:30-8:30PM	16 Move 'n Mingle 10:00-10:45AM Arts' N Ends (Painting) 11:15-2:15PM Cultivate East Village (with Amanda Palmer) 4:00-6:30PM	17 Games N' More 10:30AM-12:00PM Chow & Chatter 12:00-1:30PM Community Connects 1:30-3:00PM	18 Cultivate East Village 9:30AM-12:00PM Arts' N Ends (Drawing) 12:30-3:30PM	19 Move 'n Mingle 10:00-10:45AM Chair Yoga 11:30-12:30 Zumba Gold (Cancelled. Resumes Oct 26) Hablemos español 2:30-4:00PM	20 CLOSED
21 Lifespring Community Church 10:30AM-12:00PM	22 Gentle Fitness 11:15AM-12:15PM Calligraphy for Fun – Making Letters Fabulous 1:00-3:00PM	23 Move 'n Mingle 10:00-10:45AM Arts' N Ends (Painting) 11:15-2:15PM Deaf & Hear Alberta Peer-to-Hear Mentoring 2:30-3:30PM	24 Games N' More 10:30AM-12:00PM Community Connects (with Nancy Dick) 1:00-3:00PM	25 Cultivate East Village 9:30AM-12:00PM Arts' N Ends (Drawing) 12:30-3:30PM EVNA Board Meeting 6:00-9:00PM	26 Move 'n Mingle 10:00-10:45AM Chair Yoga (Cancelled. Resumes Nov 2) Zumba Gold 1:00-2:00PM Hablemos español 2:30-4:00PM	27 CLOSED
28 Lifespring Community Church 10:30AM-12:00PM	29 Gentle Fitness 11:15AM-12:15PM Matched Saving Program 1:00-4:00PM	30 Move 'n Mingle 10:00-10:45AM Arts' N Ends (Painting) 11:15-2:15PM	31 Games N' More 10:30AM-12:00PM Community Connects 1:00-3:00PM	<p>carya EAST is open: Monday - Friday, 9AM - 4PM</p> <ul style="list-style-type: none"> ■ open to everyone ■ registration required ■ closed group ■ private event <p>For more information, please contact Geoff Lewis at 403.863.7675 or GeoffL@caryacalgary.ca</p> <p>caryacalgary.ca</p>		