



October 2026



Flu Shots - Thu Oct 22

Happy to say that we will be hosting the annual **Flu Shot Clinic** again in our space. We will have the timing of the clinic closer to the beginning of October and doing a RSVP sign up so they know how many doses to bring with them. Please **HOLD THE DATE** and sign up once we confirm the times. This is open to non-members also but **RSVP** recommended.

Movie Matinee Friday Oct 30 12:30 pm

Come join us for a fun Halloween Movie - Death Becomes Her - starring Meyrl Streep and Goldie Hawn. \$3 collected for the Movie Treats.

Casino Bus Day Wednesday Oct 21

Join us on the yellow school bus and head off to Ace Casino for great time with friends.

RSVP

Western Reunion Chorus (WRC)

Barbershop acappella group - Tuesday at 10 am. No experience? No problem! They are out to have fun and are happy to mentor you along the way.

Thanksgiving Holiday

HPA will be closed on Monday October 12 for the holiday - No Classes!

Classes & Drop in Dates

Yoga -Drop in- Monday 11:15 am - \$3.00

Line Dancing -Drop in- Monday 6:00 pm - \$3.00

Art- Registration - Tuesdays - 9:30 & 12 - \$3.00

Active Seniors - Drop in - Mondays 2:00 pm - \$3.00

Evening Cards- Drop in - Tuesdays - 6:30 pm - no fee



Cards - Drop-in - Some Wed & Thu - no fee

Pool - Drop-in - Some Wed & Thu - no fee



Helping Handcrafts - see calendar - no fee

Casino Bus - 9:15 am - 3rd Wednesdays - \$3.00

Handbells - Friday - 9:45am - no fee



Soup & Bun Luncheon - see calendar - \$3.00

Bee Creative - 2 x per month. Call for details

Movie Matinee - see calendar - \$3.00 for snacks

Sing-A-Long -Drop in- check calendar - no fee

Western Reunion Chorus(WRC)-Tuesdays - 10:00 am

Please check the calendar for scheduled dates and time of all classes! Subject to change!

Soup & Bun Lunch Thu Oct 8

We return to the 2nd Thursday of the Month. Come down for a great lunch with friends. If possible, bring a dessert to share, birthday cake is provided for everyone to celebrate.

RSVP

Spotlight on Gentle Yoga - Mondays

Gentle yoga offers a safe, low-impact way for older adults to improve physical health, balance, and mental well-being. Its slow stretching movements loosen stiff joints to increase daily mobility, while controlled stability exercises build low-impact strength and reduce the risk of falls. The focus on deep, mindful breathing supports healthy circulation, lowers stress, and promotes deeper sleep. This gentle routine provides an accessible way for seniors to manage chronic joint pain and maintain independence.

Helping Handcrafts Thu Oct 29

Come down and stock up for fall. We knit/crochet with donated yarn and then items are donated to assorted charities in Calgary.

Social Time Thursdays Afternoons

Come down for a visit with friends and treats. Most Thursday afternoons but if there is something else booked in Social Time will not happen. **Please check the calendar.**

Knitting Group Thursdays 1 - 8 pm

This group has joined us at HPA and meets in our space to knit together. They do not teach but are happy if anyone would like to come down and join in with them. Runs as a come and go. Arrive when you want, leave when you need to!

Fall & Winter Is Unavoidable!

For the Fall we want to remind everyone to bring indoor shoes, especially if the weather is rainy. It helps keep our floors safe for everyone to walk on and extends the long term life of the floors. The curling ice is going in right now so be warned it can get chilly in our space.

Once the weather turns cold, we will put out our normal winter policy regarding temperatures and how we handle extreme weather.