



October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 To RSVP, please visit skyonbowenisland.ca/calendar *** Activities may need to be cancelled on short notice so check our current calendar at https://skyonbowenisland.ca  Ride sharing is encouraged.	29	30	1 10:30 WALK Meet @ Bowfest Field NOON - Social Lunch @ Tippy's NATIONAL SENIORS DAY	2 10 - 11 @B-Crt Yoga w/ Diana	3 10:30 WALK Meet @ Bowfest Field- 1-3 @ Cottage Stitches Drop In	4 10:30-11:30 French Connections @BI Library 1-3 Mahjong @ Cottage RSVP
5	6 9-9:45 @ B-Crt Stretch w/Catherine 10-12 REACH FOR SKY: Ageism Awareness at BI Community Ctre	7 10 -11 @B-Crt Music Moves with Marc 1-3 @ Cottage Hang out /Richard	8 1030 WALK Meet @ Killarney Lake Picnic area	9 10 - 11 @B-Crt Yoga w/ Diana	10 10:30 WALK Meet @ Wild Coast Nature Reserve. CRC lot, Huszar Creek Road 1-3 @ Cottage Stitches Drop In	11 1-3 Mahjong @ Cottage RSVP
12	13 THANKSGIVING DAY 	14 10 -11 @B-Crt Music Moves with Marc 11:30 -1 @ Legion Community Lunch 1-3 Bhodi Tech Help @Cottage	15 10:30 WALK Meet @ Catholic Church	16 NO YOGA	17 10:30 WALK Meet @Golf Course 1-3 @ Cottage Stitches Drop In	18 10:30-11:30 French Connections @BI Library 1-3 Mahjong @ Cottage RSVP
19	20 9-9:45 @ B-Crt Stretch w/Catherine	21 8:15 SKY Trek to Steveston 10 -11 @B-Crt Music Moves with Marc 1-3 @ Cottage Hang out /Richard	22 10:30 WALK Meet @Quarry Park, Cowen Pt Dr.	23 10 - 11 @B-Crt Yoga w/ Diana	24 10:30 WALK Meet @ Mt Gardner Connector Trail, meet@ Killarney Lake 1-3 @ Cottage Stitches Drop In	25 1-3 Mahjong @ Cottage RSVP
26	27 9-9:45 @ B-Crt Stretch w/Catherine	28 10 -11 @B-Crt Music Moves with Marc 11:30 -1 @ Legion Community Lunch 1-3 Bhodi Tech Help@Cottage	29; 10:30 WALK Meet @ Catholic Church	30 10 - 11 @B-Crt Yoga w/ Diana	31 10:30 WALK Meet @ Grafton Lake 1-3 @ Cottage Stitches Drop In HALLOWEEN 	1