

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 am Age Friendly Women's Mobility Class 9:00 am Aquafitness 10:00 am Indoor Pickleball 12:00 pm Adult Swim 1:15 pm Age Friendly Gentle Flow Yoga	2 9:00 am Women's Exercise Group 10:00 am Temiskaming Shores Library Digital Literacy Sessions 11:00 am All Age Friendly Intermediate Line Dancing 12:00 pm Adult Swim 2:00 pm All Age Friendly Chair Yoga	3 9:00 am Aquafitness 9:00 am Indoor Pickleball 12:00 pm Adult Swim 12:30 pm Age Friendly Skating	4 1:00 pm Temiskaming Shores Public Library Junior Reading Club
5	6 9:00 am Aquafitness 12:00 pm Adult Swim	7 9:00 am Women's Exercise Group 10:00 am Age Friendly Beginner Line Dancing 10:00 am Seniors Active Living Fair 12:00 pm Adult Swim 3:00 pm Committee of the Whole	8 9:00 am Age Friendly Women's Mobility Class 9:00 am Aquafitness 10:00 am Indoor Pickleball 12:00 pm Adult Swim 1:15 pm Age Friendly Gentle Flow Yoga	9 9:00 am Women's Exercise Group 10:00 am Temiskaming Shores Library Digital Literacy Sessions 11:00 am All Age Friendly Intermediate Line Dancing 12:00 pm Adult Swim 2:00 pm All Age Friendly Chair Yoga	10 9:00 am Aquafitness 9:00 am Indoor Pickleball 12:00 pm Adult Swim 12:30 pm Age Friendly Skating 1:30 pm All Age Friendly Bowling	11
12	13	14 9:00 am Women's Exercise Group 10:00 am Age Friendly Beginner Line Dancing 12:00 pm Adult Swim	15 9:00 am Age Friendly Women's Mobility Class 9:00 am Aquafitness 10:00 am Indoor Pickleball 12:00 pm Adult Swim 1:15 pm Age Friendly Gentle Flow Yoga	16 9:00 am Women's Exercise Group 10:00 am Temiskaming Shores Library Digital Literacy Sessions 11:00 am All Age Friendly Intermediate Line Dancing 12:00 pm Adult Swim 2:00 pm All Age	17 9:00 am Aquafitness 9:00 am Indoor Pickleball 12:00 pm Adult Swim 12:30 pm Age Friendly Skating	18

				Friendly Chair Yoga		
19	20 9:00 am Aquafitness 12:00 pm Adult Swim 1:00 pm Age Friendly Indoor Walking	21 9:00 am Women's Exercise Group 10:00 am Age Friendly Beginner Line Dancing 12:00 pm Adult Swim 6:00 pm Regular Council Meeting	22 9:00 am Age Friendly Women's Mobility Class 9:00 am Aquafitness 10:00 am Indoor Pickleball 12:00 pm Adult Swim 7:00 pm Temiskaming Shores Public Library Board Monthly Meeting	23 9:00 am Women's Exercise Group 9:00 am Age Friendly Indoor Walking 10:00 am Temiskaming Shores Library Digital Literacy Sessions 11:00 am All Age Friendly Intermediate Line Dancing 12:00 pm Adult Swim 2:00 pm All Age Friendly Chair Yoga	24 9:00 am Aquafitness 9:00 am Indoor Pickleball 12:00 pm Adult Swim 12:30 pm Age Friendly Skating 1:30 pm All Age Friendly Bowling	25
26	27 9:00 am Aquafitness 12:00 pm Adult Swim 1:00 pm Age Friendly Indoor Walking	28 9:00 am Women's Exercise Group 10:00 am Age Friendly Beginner Line Dancing 12:00 pm Adult Swim	29 9:00 am Age Friendly Women's Mobility Class 9:00 am Aquafitness 10:00 am Indoor Pickleball 12:00 pm Adult Swim 1:15 pm Age Friendly Gentle Flow Yoga	30 9:00 am Women's Exercise Group 9:00 am Age Friendly Indoor Walking 10:00 am Temiskaming Shores Library Digital Literacy Sessions 11:00 am All Age Friendly Intermediate Line Dancing 12:00 pm Adult Swim 2:00 pm All Age Friendly Chair Yoga	31 9:00 am Aquafitness 12:00 pm Adult Swim 12:30 pm Age Friendly Skating	