


















April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 9:00 Massage Clinic 11:30 Lunch Program 	3 11:30 Lunch Program 12:00 Gentle Combo Yoga  1:00 Low Vision Support Group	4 11:15 Musical Memories - Italian Music 11:30 Lunch Program 	5 10:15 Fun & Easy Crafting with Paper 11:30 Lunch Program 	6 9:00 Grocery Shopping 10:15 Van Trip- Woodbine Mall/Woodbine Casino 11:15 Strong Core - Better Balance Exercise  11:30 Lunch Program	7	
8	9 11:30 Lunch Program	10 9:00 Reflexology Clinic 11:30 Lunch Program 12:00 Gentle Combo Yoga 	11 11:30 Lunch Program	12 10:15 Fun & Easy Crafting with Paper 11:30 Lunch Program 	13 11:15 Strong Core - Better Balance Exercise  11:30 Lunch Program	14	
15	16 11:30 Lunch Program 	17 11:30 Lunch Program 12:00 Gentle Combo Yoga 	18 8:45 Foot Clinic  10:30 Van Trip - Cloverdale Mall 11:30 Lunch Program	19 Volunteer Luncheon Centre Closed 	20 9:00 Grocery Shopping 11:15 Strong Core - Better Balance Exercise  11:30 Lunch Program	21	
22	23 11:30 Lunch Program	24 11:30 Lunch Program 12:00 Gentle Combo Yoga 	25 10:30 Van Trip - COC Free Performance Series 10:30 Conversation in Italian Workshop 11:30 Lunch Program	26 9:30 Diabetes Clinic 10:15 Fun & Easy Crafting with Paper 11:30 Lunch Program 	27 11:15 Strong Core - Better Balance Exercise  11:30 Lunch Program 	28 9:30 Book Club @ Weston Library	
29	30 11:30 Lunch Program	Coming up in May... Tuesday May 8 - Carmen's Dinner Theatre Wednesday May 9 - Casino Rama Monday May 21 - Victoria Day - Centre Closed				