




















April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00 Massage Clinic  10:30 Open Circuit Workout 11:30 Lunch Program 	2 8:30 Casino Rama 10:45 Education & Exercise Workshop NEW 11:30 Lunch Program 12:00 Mindful Movement Fusion NEW 1:00 Low Vision Support Group	3 11:15 Musical Memories - Italian Music 11:30 Lunch Program 	4 8:00 Open Circuit Workout NEW 11:30 Lunch Program	5 9:00 Grocery Shopping 10:00 English Circle Conversation 11:30 Lunch Program 	6  8:30 Open Circuit Workout NEW 10:15 Strong Core Fitness
7	8 10:30 Open Circuit Workout  11:30 Lunch Program	9 10:45 Education & Exercise Workshop NEW 11:30 Lunch Program 12:00 Mindful Movement Fusion NEW	10 11:30 Lunch Program 	11 Volunteer Luncheon Centre Closed 	12 9:45 Van Trip - Woodbine Shopping/Woodbine Casino 10:00 English Circle Conversation 11:30 Lunch Program	13  8:30 Open Circuit Workout NEW 10:15 Strong Core Fitness
14	15 10:30 Open Circuit Workout 11:30 Lunch Program 	16 10:45 Education & Exercise Workshop NEW 11:30 Lunch Program 12:00 Mindful Movement Fusion NEW	17 10:30 Van Trip - COC Free Concert Series  11:30 Lunch Program	18 8:00 Open Circuit Workout NEW 9:30 Diabetes Clinic 11:30 Lunch Program	19 Centre Closed Good Friday	20  8:30 Open Circuit Workout NEW 10:15 Strong Core Fitness
21	 22 8:45 Foot Clinic  10:30 Open Circuit Workout 11:30 Lunch Program	23 10:45 Education & Exercise Workshop NEW 11:30 Lunch Program 12:00 Mindful Movement Fusion NEW	24 10:30 Conversation in Italian Workshop 11:30 Lunch Program 	25 8:00 Open Circuit Workout NEW 11:30 Lunch Program	26 10:00 English Circle Conversation 11:30 Lunch Program 	27  8:30 Open Circuit Workout 9:30 BookClub @ Weston Library 10:15 Strong Core Fitness NEW
28	29 10:30 Open Circuit Workout  11:30 Lunch Program	30 11:30 Lunch Program 12:00 Mindful Movement Fusion NEW	Coming up in May... May 7 - Casino Rama May 20 - Victoria Day - Centre Closed			 new time