
















August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Coming up in September... September 3 - Centre closed for Labour Day September 6 - Open House and AGM September 10 - Fall programs begin 		1 Fall Program Registration begins 11:15 Musical Memories - Italian Music 11:30 Lunch Program	2 11:30 Lunch Program 	3 11:30 Lunch Program 1:00 Mind Body and Yoga	4 9:30 Open Circuit Workout 	
5	6 Centre Closed Civic Holiday 	7 9:30 Open Circuit Workout  11:30 Lunch Program 1:00 Low Vision Support Group	8 11:00 Van Trip -Unionville & Lunch Out @ Old Country Inn 11:30 Lunch Program	9 11:30 Lunch Program 	10 9:00 Grocery Shopping 11:30 Lunch Program 1:00 Mind Body and Yoga	11 9:30 Open Circuit Workout 
12	13 9:00 Massage Clinic 11:30 Lunch Program 1:00 Mind Body and Yoga 	14 9:00 Reflexology Clinic 9:30 Open Circuit Workout  11:30 Lunch Program	15 10:30 Casino Niagara 11:30 Lunch Program 3:00 Van Trip - Montgomery's Inn Market 	16 9:30 Diabetes Clinic 11:30 Lunch Program	17 11:30 Lunch Program 1:00 Mind Body and Yoga 	18 9:30 Open Circuit Workout 
19	20 Summer session ends 8:45 Foot Clinic 11:30 Lunch Program	21 9:30 Open Circuit Workout  11:30 Lunch Program	22 10:30 Conversation in Italian Workshop 11:30 Lunch Program	23 11:30 Lunch Program 	24 9:00 Grocery Shopping 11:30 Lunch Program	25 9:30 Book Club@ Weston Library 9:30 Open Circuit Workout 
26	27 Centre Open No Programs (make up classes excepted)	28 Centre Open No Programs (make up classes excepted)	29 Centre Open No Programs (make up classes excepted)	30 Centre Open No Programs (make up classes excepted)	31 Centre Open No Programs (make up classes excepted)	