















# August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Coming up in September...</b> September 2 - Centre closed for Labour Day September 5 - Open House and AGM September 9 - Fall instructional programs begin				1 11:30 Lunch Program	2 11:30 Lunch Program	3 8:30 Open Circuit Workout 
4	5 <b>Centre Closed Civic Holiday</b>	6 8:30 Day Trip—Casino Rama 11:30 Lunch Program 1:00pm Urban Dance Workshop 	7 11:30 Lunch Program	8 <b>Fall Registration begins</b> 11:30 Lunch Program	9 9:00 Grocery Shopping 11:30 Lunch Program 	10 8:30 Open Circuit Workout 
11	12 9:00 Massage Clinic 10:30 Open Circuit Workout 11:30 Lunch Program 	13 9:00 Van Trip - St. Jacobs Market 11:30 Lunch Program 1:00pm Urban Dance Workshop 	14 8:45 Foot Clinic 11:30 Lunch Program 	15 11:30 Lunch Program	16 11:30 Lunch Program 	17 8:30 Open Circuit Workout 
18	19 <b>Summer Session Ends</b> 10:30 Open Circuit Workout 11:30 Lunch Program	20 9:30 Diabetes Clinic 11:30 Lunch Program 1:00pm Urban Dance Workshop	21 11:30 Lunch Program 	22 9:00 Van Trip - St. Jacobs Market 11:30 Lunch Program	23 9:00 Grocery Shopping 11:30 Lunch Program 	24 8:30 Open Circuit Workout 
25	26 <b>Centre Open No Programs</b>	27 <b>Centre Open No Programs</b>	28 <b>Centre Open No Programs</b>	29 <b>Centre Open No Programs</b>	30 <b>Centre Open No Programs</b>	31 9:30 Book Club @ Weston Library 

# Weekly Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Zumba - Centre 1 9:15 Stretch & Tone - Centre 2 10:30 Bone Builders - Centre 2 10:30 Open Circuit Workout - Centre 1 10:30 Nordic Pole Walking - (Italian) - Games Room/ Hallway 11:30 Logic Games - Games Room 11:30 Lunch Program - Kitchen 12:00 AA Meeting - MK Room 12:30 Hand Dance - Games Room 1:15 Line Dancing - Intermediate - Centre 2 1:30 Bingo - Centre 1 2:00 Mindful Monday Adult Colouring - Games Room	9:00 HOPE - English for Beginners - MK Room 9:45 Fit For Life - Centre 1 & 2 10:45 Nordic Pole Walking - Hallway 10:50 Low Stress Chair Fit - Centre 1 & 2 11:00 Mindful Movement Fusion - MK Room 11:30 Lunch Program - Kitchen	9:00 Bone Builders - Centre 2 9:30 Friendship Group - Games Room 10:00 Knit & Stitch - MK Room 10:00 Nordic Pole Walking - Hallway 10:15 Stretch & Tone - Centre 2 10:15 Tap Dance - Beginner & Intermediate - Centre 1 10:30 Italian Conversation Group - MK Room 11:30 Pilates - Centre 2 11:30 Lunch Program - Kitchen 12:30 Drum Fitness - Seated - Centre 1 1:00 Bid Euchre - Centre 2 2:00 Line Dancing - Absolute Beginners - Centre 1	8:00 Open Circuit Workout - Centre 1 & 2 9:00 HOPE - English for Beginners - MK Room 9:30 Low Impact Fitness - Centre 1 & 2 10:45 Chair Yoga - Games Room 10:45 Nordic Pole Walking - Hallway 11:00 Easy Spanish Class - MK Room 11:00 Line Dancing - Beginners - Centre 1 11:30 Lunch Program - Kitchen 12:00 Yoga - Games Room 12:00 Line Dancing - Improvers - Centre 1 1:00 Cribbage - MK Room 1:15 Low Stress Chair Fit - Centre 2	9:00 Zumba - High Intensity - Centre 1 & 2 10:00 Get Up and Go Fitness - Centre 1 & 2 10:00 English Circle Conversation - MK Room 11:15 Hand Dance - Centre 1 11:30 Lunch Program - Kitchen 12:00 Drum Fitness - Standing - Advanced - Centre 1 12:00 AA Meeting - MK Room 1:00 Social Bridge - Games Room 1:00 Shuffleboard - Centre 2 1:05 Craft Club Social - MK Room
				SATURDAY
				8:30 Open Circuit Workout - Centre 1 & 2 10:15 Strong Core Fitness - Centre 2
				<b>Summer 2019</b>