















December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 9:00 Massage Clinic 10:30 Open Circuit Workout 11:30 Lunch Program 	3 8:30 Day Trip - Fallsview Casino 11:30 Lunch Program 1:00 Low Vision Support Group 1:30 Adapted Body Boot Camp 6:00 Advanced Body Boot Camp	4 9:00 Door opens for Bazaar 12:00 Holiday Lunch - (must be registered) No programs 	5 8:00 Open Circuit Workout 11:30 Lunch Program 1:30 Senior's Wellness College	6 Winter Registration Begins 9:00 Hearing Clinic 11:15 Intro to Seated Pedaling - Beginner  11:30 Lunch Program 1:30 Van Trip - Niagara Lights 	7 8:30 Open Circuit Workout 10:15 Intro to Seated Pedaling - Advanced 	
8	9 10:30 Open Circuit Workout 11:30 Lunch Program 	10 11:30 Lunch Program 1:30 Adapted Body Boot Camp 6:00 Advanced Body Boot Camp	11 Holiday Raffle Draw 11:30 Lunch Program 	12 8:00 Open Circuit Workout 11:30 Lunch Program 1:30 Senior's Wellness College	13 9:00 Grocery Shopping 11:15 Intro to Seated Pedaling - Beginner  11:30 Lunch Program 1:30 Van Trip - Niagara Lights	14 8:30 Open Circuit Workout 10:15 Intro to Seated Pedaling - Advanced 	
15	16 Fall Session Ends 8:45 Foot Clinic  10:30 Open Circuit Workout 11:30 Lunch Program	17 9:30 Diabetes Clinic 11:30 Lunch Program 1:30 Adapted Body Boot Camp 6:00 Advanced Body Boot Camp	18 11:30 Lunch Program 	19 8:00 Open Circuit Workout 11:30 Lunch Program 	20 11:15 Intro to Seated Pedaling - Beginner  11:30 Lunch Program 1:30 Van Trip - Niagara Lights	21 8:30 Open Circuit Workout 9:30 Book Club @ Weston Library 10:15 Intro to Seated Pedaling	
22	23 10:30 Open Circuit Workout 11:30 Lunch Program 1:00 Sing-a-long with Dave	24 Centre Closes at Noon (No programs)	25 Centre Closed Christmas Day 	26 Centre Closed Boxing Day	27 9:00 Grocery Shopping 11:30 Lunch Program	28 8:30 Open Circuit Workout	
29	30 10:30 Open Circuit Workout 11:30 Lunch Program	31 Centre Closes at Noon (No programs)	Coming up in January... Happy New Year 2020! January 2 - Centre re-opens January 6 - Winter Instructional Programs Begin			