















# September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Coming up in October...</b> <b>October 9 - Centre Closed for Thanksgiving</b>					1 9:00 Grocery Shopping <b>NO PROGRAMS</b>	2
3	4 <b>Centre Closed</b> <b>Labour Day</b> 	5 <b>Fall Session begins</b> 11:30 Light Lunch 1:00 Low Vision Support Group	6 11:30 Lunch Program	7 9:30 <b>Annual Open House</b> 1:00 <b>Annual General Meeting</b> No Programs	8 9:00 Hearing Clinic 10:00 Legacy Scrapbooking  11:30 Soup Lunch	9
10	11 <b>Fall Instructional Programs begin</b> 9:00 Massage Clinic 9:00 Van trip - Metro Toronto Zoo 11:30 Lunch Program	12 10:30 Zumba Gold - in Spanish  11:30 Light Lunch 1:30 Cook with Me - <b>Vietnam</b>	13 8:45 Foot Clinic 9:00 Casino Rama 10:30 Van trip - Vaughan Mills Premium Outlets 11:30 Lunch Program	14 11:30 Light Lunch 12:00 Dancing Rivers of Wellbeing <i>free</i> 	15 9:00 Grocery Shopping 10:00 Legacy Scrapbooking  11:30 Soup Lunch 	16
17	18 11:30 Lunch Program	19 10:30 Zumba Gold - in Spanish  11:30 Light Lunch 	20 11:30 Lunch Program 	21 9:30 Diabetes Clinic 11:30 Light Lunch 12:00 Dancing Rivers of Wellbeing <i>free</i>	22 10:00 Van trip - Cloverdale Shopping Mall 10:00 Legacy Scrapbooking  11:30 Soup Lunch	23
24	25 11:30 Lunch Program 	26 10:30 Zumba Gold - in Spanish  11:30 Light Lunch 1:30 Cook with me - <b>Kenya</b>	27 10:30 Conversation in Italian Workshop 11:30 Lunch Program	28 11:30 Light Lunch 12:00 Dancing Rivers of Wellbeing <i>free</i>	29 9:00 Grocery Shopping 10:00 Legacy Scrapbooking  11:30 Van trip - Lunch out @ Asian Buffet 11:30 Soup Lunch	30 9:30 Book Club @ Weston Library

## Weekly Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 ZUMBA GOLD - Centre 1 & 2	9:00 HOPE - English for Beginners - YWALC Room	9:00 Beginners Happy Tappers - Centre 1	9:00 HOPE - English for Beginners - YWALC Room	9:00 Zoomba - Centre 1 & 2
9:30 It's Never to late (Italian Class) - YWALC Room	9:30 Fit for Life - Centre 1 & 2	9:15 Bone Builder's - Centre 2	9:30 Low Impact Fitness - Centre 1 & 2	9:30 Watercolour Painting - YWALC Room
10:00 Bone Builders - Centre 2	10:00 Low Vision Craft Group - MK Room	9:30 Friendship Group - YWALC Room	10:45 Chair Yoga - Centre 2	10:00 This is my Legacy Scrapbooking - Games Room
10:15 Modern Square Dance - Centre 1	10:45 Low Stress Chair Fit - Centre 1 & 2	9:35 Happy Tappers - Centre 1	10:45 Nordic Pole Walking - Hallway	10:00 Clogging - Centre 1
10:30 Nordic Pole Walking - (Italian) - Games Room/ Hallway	10:45 Nordic Pole Walking - Hallway	10:00 Nordic Pole Walking - Hallway	11:00 Beginners Line Dance - Centre 1	10:00 Get Up & Go Fitness - Centre 2
11:00 Stretch & Tone - Centre 2	11:30 Chair ZUMBA - Games Room	10:15 Stretch & Tone - Centre 2	11:00 Easy Spanish Class - MK Room	10:15 English Circle of Conversation - MK Room
11:30 Lunch Program - Kitchen	11:30 Light Lunch - Kitchen	11:30 Lunch Program - Kitchen - Centre 1	11:30 Light Lunch - Kitchen	11:30 Soup Friday - Kitchen
12:00 AA Meeting - MK Room	12:00 Advanced Line Dancing - Centre 1	12:30 Drum Fitness - Centre 1	12:00 Yoga - Centre 2	11:35 Beginners Clogging - Centre 1
12:30 Duplicate Bridge - YWALC Room	12:00 Pilates - Centre 2	2:00 Beginner Line Dance - Centre 1	12:00 Intermediate Line Dancing - Centre 1	12:00 AA Meeting - YWALC Room
1:30 Dancing for People with Parkinson's - Games Room	1:00 Karaoke for Fun - YWALC Room	1:00 Bid Euchre - Centre 2	1:00 Cribbage - MK Room	1:00 Craft Club Social - MK Room
1:30 Bingo - Centre 1	1:00 Beginners Bridge - MK Room	2:00 Beginner Line Dance - Centre 1	1:00 Low Stress Chair Fit - Games Room	1:00 Shuffleboard - Centre 2
			1:15 Advanced Tai Chi - Centre 2	1:00 Social Bridge - Games Room
			2:15 Beginners Tai Chi - Centre 2	1:30 Movie Afternoon - Various Rooms - see staff

**Fall 2017**