

Weekly Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Zumba - Centre 1	9:00 HOPE - English for	9:00 Beginner Tap Dance	9:00 HOPE - English for	9:00 Zumba - Centre 1 & 2
9:30 Italian Class - MK Room	Beginners - MK Room	- Centre 1	Beginners - MK Room	9:30 Watercolour Painting
9:30 Stretch & Tone 1	9:30 Fit for Life - Centre 1 & 2	9:15 Bone Builder's - Centre 2	9:30 Low Impact Fitness	- Games Room
- Centre 2	10:00 Low Vision Craft Group	9:30 Friendship Group	- Centre 1 & 2	10:00 Get Up & Go Fitness
10:15 Open Circuit Workout	- Games Room	- Games Room	10:15 Fun and Easy Crafting	- Centre 2
- Centre 1	10:45 Low Stress Chair Fit	9:35 Advanced Tap Dance	with Paper	10:00 Clogging - Centre 1
10:30 Bone Builders	- Centre 1 & 2	- Centre 1	- Games Room	10:00 English Circle of
- Centre 2	10:45 Nordic Pole Walking	10:00 Knit & Stitch - MK Room	10:45 Chair Yoga - Centre 2	Conversation - MK Room
10:30 Nordic Pole Walking -	- Hallway	10:00 Nordic Pole Walking	10:45 Nordic Pole Walking	11:30 Lunch Program - Kitchen
(Italian)	11:30 Lunch Program - Kitchen	- Hallway	- Hallway	11:45 Drum Fitness - Standing
- Games Room/Hallway	12:00 Advanced Line Dancing	10:15 Stretch & Tone - Centre 2	11:00 Beginner Line Dancing	- Centre 1
11:30 Stretch & Tone 2	- Centre 1	11:30 Pilates - Centre 2	- Centre 1	12:00 AA Meeting - MK Room
- Centre 2	1:00 Karaoke	11:30 Lunch Program - Kitchen	11:00 Easy Spanish Class	1:05 Craft Club Social
11:30 Lunch Program	- Welcome Room	12:30 Drum Fitness - Seated	- MK Room	- MK Room
- Kitchen	1:00 Plant, Paint & Chat	- Centre 1	11:30 Lunch Program - Kitchen	1:00 Shuffleboard - Centre 2
12:00 AA Meeting - MK Room	- Games Room\Hallway	1:00 Bid Euchre - Centre 2	12:00 Yoga - Centre 2	1:00 Social Bridge
1:30 Dancing for People	1:00 Beginners Bridge	2:00 Beginner Line Dance	12:00 Intermediate Line	- Games Room
with Parkinson's	- MK Room	- Centre 1	Dancing - Centre 1	1:30 Movie Afternoon
- Games Room			1:00 Cribbage - MK Room	- Welcome Room
1:30 Bingo - Centre 1			1:15 Low Stress Chair Fit	
			- Centre 2	
			1:45 Tai Chi - Centre 1	
				SATURDAY
				9:30 Open Circuit Workout
				- Centre 1 & 2
				Fall 2018