

# Weekly Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Zoomba - Centre 1 &amp; 2</p> <p>10:00 French Class - MK Room</p> <p>10:00 Stretch &amp; Tone - Centre 2</p> <p>10:30 Open Circuit Workout - Centre 1</p> <p>10:30 Nordic Pole Walking - (Italian) - Games Room/Hallway</p> <p>11:05 Bone Builders - Centre 2</p> <p>11:30 Logic Games (in Italian) - Games Room</p> <p>11:30 Lunch Program - Kitchen</p> <p>12:00 AA Meeting - MK Room</p> <p>12:30 Hand Dance - Games Room</p> <p>1:15 Line Dancing - Intermediate - Centre 2</p> <p>1:30 Bingo - Centre 1</p> <p>2:00 Mindful Monday Adult Colouring - Games Room</p>	<p>9:00 HOPE - English for Beginners (taught in Spanish) - MK Room</p> <p>9:45 Fit for Life - Centre 1 &amp; 2</p> <p>10:00 Low Vision Craft Group - Games Room</p> <p>10:50 Low Stress Chair Fit - Centre 1 &amp; 2</p> <p>11:30 Lunch Program - Kitchen</p> <p>1:00 Beginners Bridge - MK Room</p> <p>1:30 TV Series Afternoon - Welcome Room</p> <p>1:30 Watercolour Painting Techniques - Games Room</p>	<p>9:00 Tap Dance - Beginner - Centre 1</p> <p>9:00 Stretch and Tone 1 - Centre 2</p> <p>9:30 Friendship Group - Games Room (front)</p> <p>9:35 Tap Dance - Advanced - Centre 1</p> <p>10:00 Knit &amp; Stitch - Games Room (back)</p> <p>10:05 Bone Builders - Centre 2</p> <p>10:30 Italian Conversation Group - MK Room</p> <p>11:10 Stretch &amp; Tone 2 - Centre 2</p> <p>11:30 Pilates - Centre 1</p> <p>11:30 Lunch Program - Kitchen</p> <p>12:30 Drum Fitness - Seated - Centre 1</p> <p>1:00 Bid Euchre - Centre 2</p> <p>2:00 Line Dancing - Absolute Beginners - Centre 1</p>	<p>8:00 Open Circuit Workout - Centre 1</p> <p>9:00 HOPE - English for Beginners (taught in Spanish) - MK Room</p> <p>9:30 Low Impact Fitness - Centre 1 &amp; 2</p> <p>10:45 Chair Yoga - Games Room</p> <p>11:00 Line Dancing - Beginners - Centre 1</p> <p>11:00 Easy Spanish Class - MK Room</p> <p>11:30 Lunch Program - Kitchen</p> <p>12:00 Yoga - Games Room</p> <p>12:00 Line Dancing - Improvers - Centre 1</p> <p>1:00 Cribbage - MK Room</p> <p>1:15 Low Stress Chair Fit - Centre 2</p> <p>1:45 Tai Chi - Centre 1</p>	<p>9:00 Zoomba High Intensity - Centre 1 &amp; 2</p> <p>9:30 Watercolour Painting - Games Room</p> <p>10:00 Get Up and Go Fitness - Centre 2</p> <p>10:00 Clogging - Centre 1</p> <p>10:00 English Circle of Conversation - MK Room</p> <p>11:30 Lunch Program - Kitchen</p> <p>12:00 Drum Fitness - Standing - Centre 1</p> <p>12:00 AA Meeting - MK Room</p> <p>1:00 Shuffleboard - Centre 2</p> <p>1:00 Social Bridge - Games Room</p> <p>1:05 Craft Club Social - MK Room</p> <p>1:30 Movie Afternoon - Welcome Room</p>
				<b>SATURDAY</b>
				<p>8:30 Open Circuit Workout - Centre 1 &amp; 2</p>
				<b>Fall 2019</b>