










Febbraio 2018

Dom	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sab	
Febbraio è... Black History Month YWALC Pattinaggio con famiglia alla Weston Lion's Arena					1 11:30 Pranzo 	2 9:00 Supermercato 10:00 Legacy Scrapbooking 10:00 Gita al Cloverdale Mall 11:30 Pranzo	3
4	5 9:00 Amb. Massaggi 9:30 Lezioni Italiano 11:30 Pranzo 12:00 Minds & Motion 4:00 Dance with Me - Bollywood Dance	6 11:30 Pranzo 1:00 Low Vision Support Group 	7 11:15 Memorie Musicali Musica Italiana 11:30 Pranzo	8 11:30 Pranzo	9 10:00 Legacy Scrapbooking 11:30 Pranzo 	10	
11	12 9:30 Lezioni Italiano 11:30 Pranzo 12:00 Minds & Motion 4:00 Dance with Me - African Dance	13  9:00 Amb. Riflessologia 11:30 Pranzo 1:30 Cook With Me - Messico	14 10:00 Gita al - Carmen's Dinner Theatre 11:30 Pranzo 	15 9:30 Amb. Diabete 11:30 Pranzo	16 9:00 Supermercato 10:00 Legacy Scrapbooking 11:30 Pranzo 11:30 Gita al - Mandarin Restaurant 1:00 YWALC pattinaggio di famiglia Weston Lion Arena	17	
18	19 Centro Chiuso Family Day	20 11:30 Pranzo 	21 8:45 Ambulatorio Piedi 11:30 Pranzo	22 11:30 Pranzo	23 10:00 Legacy Scrapbooking 11:30 Pranzo 	24 9:30 Book Club @ Weston Library	
25	269:30 Lezioni Italiano 11:30 Pranzo 12:00 Minds & Motion 4:00 Dance with Me - African Dance	27 11:30 Pranzo con Pancake 1:30 Cook With Me - Ecuador	28 10:30 Conversazione in Italiano 11:30 Pranzo	In programma a marzo... 1 marzo - Rinnovo tessera 15 marzo - Health Fair - niente programmi 19 marzo - Iscrizioni Programmi Primavera 27 marzo - Cook with Me Evento speciale			

Weekly Schedule

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

Winter 2018