





















February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Coming up in March... March 11 - Health Fair - No Programs March 16 - Spring Program Registration February is...Black History Month						1 8:30 Open Circuit Workout 
2	3 9:00 Massage Clinic 9:15 Seated Pedaling - Beginner  10:00 Open Circuit Workout 11:30 Lunch Program	4 8:30 Day Trip - Fallsview Casino 8:35 Body Boot Camp - Adapted 11:30 Lunch Program 1:00 Low Vision Support Group 1:30 Body Boot Camp	5 11:30 Lunch Program 1:00 Mural Workshop 	6 11:30 Lunch Program 	7 9:00 Grocery Shopping 11:15 Seated Pedaling - Advanced  11:30 Lunch Program	8 8:30 Open Circuit Workout 
9	10 9:15 Seated Pedaling - Beginner  10:00 Open Circuit Workout 11:30 Lunch Program	11 8:35 Body Boot Camp - Adapted 11:15 Van Trip - Winterlicious Lunch out @ Museum Tavern 11:30 Lunch Program 1:30 Body Boot Camp	12 8:45 Foot Clinic 11:30 Lunch Program 1:00 Mural Workshop  	13 11:30 Lunch Program	14 11:15 Seated Pedaling - Advanced  11:30 Lunch Program 	15 8:30 Open Circuit Workout 
16	17 Family Day Centre Closed 	18 8:35 Body Boot Camp - Adapted 9:30 Diabetes Clinic 11:30 Lunch Program 1:30 Body Boot Camp	19 11:30 Lunch Program 1:00 Mural Workshop 	20 11:30 Lunch Program 	21 9:00 Grocery Shopping 11:15 Seated Pedaling - Advanced  11:30 Lunch Program	22 8:30 Open Circuit Workout 
23	24 9:15 Seated Pedaling - Beginner  10:00 Open Circuit Workout 11:30 Lunch Program	25 8:35 Body Boot Camp - Adapted 11:30 Pancake Lunch 1:30 Body Boot Camp	26 11:30 Lunch Program 1:00 Mural Workshop 	27 11:30 Lunch Program 1:30 Second Harvest Information Session - Expiry vs Best Before	28 11:15 Seated Pedaling - Advanced  11:30 Lunch Program	29 8:30 Open Circuit Workout 9:30 Book Club @ Weston Library

Weekly Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:15 Seated Pedaling - Beginners - Centre 1</p> <p>10:00 French Class - MK Room</p> <p>10:00 Stretch & Tone - Centre 2</p> <p>10:00 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 Intermediate Line Dancing - Centre 2</p> <p>1:30 Bingo - Centre 1</p> <p>2:00 Mindful Monday Adult Colouring - Games Room</p>	<p>8:35 Body Boot Camp - Adapted Centre 1 & 2</p> <p>9:00 HOPE - English for Beginners - MK Room</p> <p>9:45 Fit for Life - Centre 1 & 2</p> <p>10:00 Low Vision Craft Group - Games Room</p> <p>10:50 Low Stress Chair Fit Centre 1 & 2</p> <p>11:30 Lunch Program - Kitchen</p> <p>1:00 Beginners Bridge - MK Room</p> <p>1:00 Watercolour Painting Techniques - Games Room</p> <p>1:30 Body Boot Camp - Centre 1 & 2</p> <p>1:30 TV Series Afternoon - Welcome Room</p>	<p>9:00 Stretch & Tone 1 - Centre 2</p> <p>9:30 Friendship Group - Games Room (front)</p> <p>10:00 Tap Dance - All Levels - Centre 1</p> <p>10:05 Bone Builders - Centre 2</p> <p>10:00 Knit & Stitch - Games Room (back)</p> <p>10:30 Italian Conversation Group - Welcome Room</p> <p>11:10 Stretch & 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 Mural Workshop - MK Room</p> <p>1:00 Bid Euchre - Centre 2</p> <p>2:00 Line Dancing - Absolute Beginners - Centre 1</p>	<p>9:00 HOPE - English for Beginners - MK Room</p> <p>9:30 Low Impact Fitness - Centre 1 & 2</p> <p>10:45 Chair Yoga - Centre 2</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>12:05 Improvers Line Dancing - Centre 1</p> <p>12:45 Low Stress Chair Fit - Centre 2</p> <p>1:00 Cribbage - MK Room</p> <p>1:45 Tai Chi - Centre 1</p>	<p>9:00 Zoomba - High Intensity - Centre 1 & 2</p> <p>9:30 Watercolour Painting - Games Room</p> <p>10:00 Clogging - All Levels - Centre 1</p> <p>10:00 Get Up & Go Fitness - Centre 2</p> <p>11:15 Seated Pedaling - Advanced - Centre 2</p> <p>11:30 Lunch program - Kitchen</p> <p>12:00 Drum Fitness - Standing - Advanced - Centre 1</p> <p>12:00 AA Meeting - MK Room</p> <p>1:05 Craft Club Social - MK Room</p> <p>1:00 Shuffleboard - Centre 2</p> <p>1:00 Social Bridge - Games Room</p> <p>1:30 Movie Afternoon - Welcome Room</p>
				SATURDAY
				<p>9:30 Open Circuit Workout - Centre 1 & 2</p>
				Winter 2020