














# Enero 2017

Domingo      Lunes      Martes      Miercoles      Jueves      Viernes      Sábado

1 	2 11:30 Almuerzo  <b>Empieza temporada de Invierno</b>	3 10:00 Grupo de apoyo para personas con poca visión 11:30 Almuerzo Ligero	4 9:30 CNIB TTC Bus passes 11:30 Almuerzo	5 11:30 Almuerzo Ligero	6 9:00 Compra de Abarrotes 11:30 Almuerzo Sopa	7 11:30 Almuerzo Ligero 12:30 Pelicula de Sábado 2:00 Momentos para Recordar 	
8	9 9:00 Clínica del Masage 11:30 Almuerzo	10 11:30 Almuerzo Ligero 	11 9:00 Casino Rama 11:30 Almuerzo	12 11:30 Almuerzo Ligero	13 11:30 Almuerzo Sopa 	14 11:30 Almuerzo Ligero 1:00 Bingo 2:00 Momentos para Recordar 	
15	16 11:30 Almuerzo 	17 11:30 Almuerzo Ligero	18 8:45 Clínica del pie 10:45 Van trip a AGO 11:30 Almuerzo 12:15 Club Social Español	19 9:00 Clinica de Diabetes 11:30 Almuerzo Ligero 	20 9:00 Compra de Abarrotes 11:30 Almuerzo Sopa <b>No hay programas en Centro 1 &amp; 2</b>	21 9:30 Club del Libro 11:30 Almuerzo Ligero 12:30 Pelicula de Sábado 2:00 Momentos para Recordar 	
22 	23 11:15 Almuerzo en Mandarin Restaurant 11:30 Almuerzo	24 11:30 Almuerzo Ligero 1:45 Mitzvah Technique - Sesión Informativa 	25 10:30 Conversación en Italiano 11:30 Almuerzo	26 11:30 Almuerzo Ligero	27 10:00 UP Trip - Hockey Hall of Fame 11:30 Almuerzo Sopa 	28 11:30 Almuerzo Ligero 1:00 Bingo 2:00 Momentos para Recordar   <b>Nuevo Año Chino</b>	
29	30 9:00 Spa Sensorium Servicios Esteticos 11:30 Almuerzo	31 11:30 Almuerzo Ligero	<b>Lo que se viene en Febrero...</b> February 28 - Almuerzo de Pancakes February - Almuerzo en Winterlicious				

## Calendario Semanal

Lunes	Martes	Miercoles	Jueves	Viernes
<p>9:00 It's Never to late (Italian Class) YWALC Room</p> <p>9:00 Zoomba Centre 1 &amp; 2</p> <p>10:00 Bone Builders Centre 2</p> <p>10:00 Modern Square Dance - Centre 1</p> <p>10:30 Nordic Pole Walking (Italian) - Centre Hallway</p> <p>11:00 Stretch &amp; Tone Centre 2</p> <p>11:30 Lunch Program Kitchen</p> <p>12:00 AA Meeting Maggie Knap Room</p> <p>12:30 Duplicate Bridge YWALC Room</p> <p>1:30 Dancing for People with Parkinson's Centre 2</p> <p>1:00 Billiards Games Room</p> <p>1:30 Bingo Centre 1</p>	<p>9:00 Centro Esperanza English for Beginners YWALC Room</p> <p>9:30 Fit for Life Centre 1 &amp; 2</p> <p>10:00 Low Vision Craft Group Games Room</p> <p>10:30 Chair ZUMBA - Maggie Knap Room</p> <p>10:45 Low Stress Chair Fit Centre 1 &amp; 2</p> <p>10:45 Nordic Pole Walking Centre Hallway</p> <p>11:30 Centro Esperanza Latin Fitness YWALC Room</p> <p>11:30 Light Lunch - Kitchen</p> <p>12:00 Advanced Line Dancing Centre 1</p> <p>12:00 Pilates - Centre 2</p> <p>12:00 Healthy Mind, Healthy Bodies Maggie Knap Room</p> <p>1:00 Karaoke for Fun YWALC Room</p> <p>1:00 Beginners Bridge Games Room</p>	<p>9:00 Beginners Happy Tappers Centre 1</p> <p>9:15 Bone Builders - Centre 2</p> <p>9:30 Friendship Group YWALC Room</p> <p>9:35 Happy Tappers - Centre 1</p> <p>10:00 Knit &amp; Stitch Maggie Knap Room</p> <p>10:00 Nordic Pole Walking Centre Hallway</p> <p>10:15 Stretch &amp; Tone - Centre 2</p> <p>11:30 Lunch Program Kitchen</p> <p>11:30 Strong Spine Fitness Centre 2</p> <p>1:00 Bid Euchre - Centre 2</p> <p>1:00 Darts - Games Room</p> <p>6:00 Intergenerational Line Dancing - Centre 1 &amp; 2</p> <p style="text-align: center; margin-top: 20px;">Note: YWALC Room conocida como Unit 14</p>	<p>9:00 Centro Esperanza - English for Beginners YWALC Room</p> <p>9:00 Healthy Mind, Healthy Bodies Maggie Knap Room</p> <p>9:30 Low Impact Fitness Centre 1 &amp; 2</p> <p>10:45 Chair Yoga - Centre 2</p> <p>10:45 Nordic Pole Walking Centre Hallway</p> <p>11:00 Beginners Line Dance Centre 1</p> <p>11:00 Easy Spanish Class Maggie Knap Room</p> <p>11:30 Centro Esperanza Latin Fitness YWALC Room</p> <p>11:30 Centro Esperanza - Beginners Computer Computer Lab</p> <p>11:30 Light Lunch Kitchen</p> <p>12:00 Yoga - Centre 2</p> <p>12:00 Intermediate Line Dancing - Centre 1</p> <p>1:00 Cribbage Games Room</p> <p>1:15 Advanced Tai Chi Centre 2</p>	<p>9:00 Zoomba - Centre 1 &amp; 2</p> <p>9:00 Nordic Pole Walking (Spanish) - Centre Hallway</p> <p>9:30 Watercolour Painting YWALC Room</p> <p>10:00 Clogging - Centre 1</p> <p>10:00 Get Up &amp; Go Fitness Centre 2</p> <p>10:15 English Circle of Conversation Maggie Knap Room</p> <p>11:30 Soup Friday - Kitchen</p> <p>11:35 Beginners Clogging Centre 1</p> <p>12:00 AA Meeting YWALC Room</p> <p>1:00 Craft Club Social Maggie Knap Room</p> <p>1:00 Shuffleboard - Centre 2</p> <p>1:00 Social Bridge - Centre 1</p> <p>1:30 Movie Afternoon YWALC Room</p>
				<b>Sábado</b>
				<p>9:30 Open Circuit Workout Centre 1 &amp; 2</p> <p>9:30 Beginners iPad/iPhone Maggie Knap Room</p> <p>12:30 Saturday Movie Check Calendar</p> <p>1:00 Bingo - Check calendar</p> <p>2:00 Moments to Remember Maggie Knap Room</p>
				<b>Invierno 2017</b>