

















January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Centre Closed 	2 Centre re-opens 11:15 Musical Memories - Italian Music 11:30 Lunch Program	3 11:30 Lunch Program 	4 11:30 Lunch Program	5 9:30 Open Circuit Workout 
6	7 9:00 Massage Clinic 11:30 Lunch Program 	8 8:30 Casino Rama 11:30 Lunch Program 1:00 Low Vision Support Group 	9 11:30 Lunch Program	10 11:30 Lunch Program	11 9:00 Grocery Shopping 11:30 Lunch Program 	12 9:30 Open Circuit Workout 
13	14 11:30 Lunch Program	15 11:30 Lunch Program 	16 8:45 Foot Clinic 11:30 Lunch Program 	17 9:30 Diabetes Clinic 11:30 Lunch Program	18 10:00 Van Trip - Aga Khan Museum 11:30 Lunch Program 	19 9:30 Open Circuit Workout 
20	21 11:30 Lunch Program 	22 11:30 Lunch Program 12:30 Workshop - Beating the Winter Blues	23 11:30 Lunch Program	24 11:30 Lunch Program 	25 9:00 Grocery Shopping 11:30 Lunch Program 11:15 Van Trip - Winterlicious Lunch out @ Café Boulud	26 9:30 Open Circuit Workout 9:30 Book Club @ Weston Library
27	28 11:30 Lunch Program 	29 11:30 Lunch Program	30 10:30 Conversation in Italian Workshop 11:30 Lunch Program 11:15 Van Trip - Winterlicious Lunch out @ Batch	31 11:30 Lunch Program	Coming up in February... February 14 - Valentines Day February 18 - Family Day - Centre Closed 	

Weekly Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Zumba - Centre 1 9:30 Italian Class - MK Room 9:30 Stretch & Tone 1 - Centre 2 10:30 Open Circuit Workout - Centre 1 10:30 Bone Builders - Centre 2 10:30 Nordic Pole Walking - (Italian) - Games Room/ Hallway 11:30 Stretch & Tone 2 - Centre 2 11:30 Lunch Program - Kitchen 12:00 AA Meeting - MK Room 12:30 Hand Dance - Games Room 1:00 Advanced Line Dancing - Centre 2 1:30 Bingo - Centre 1 2:00 Mindful Monday Adult Colouring - Games Room	9:00 HOPE - English for Beginners - MK Room 9:30 Fit for Life - Centre 1 & 2 10:00 Low Vision Craft Group - Games Room 10:45 Low Stress Chair Fit - Centre 1 & 2 10:45 Nordic Pole Walking - Hallway 11:30 Lunch Program - Kitchen 1:00 Drum Fit - Standing - Beginners - Centre 1 1:00 Beginners Bridge - MK Room	9:00 Beginner Tap Dance - Centre 1 9:15 Bone Builders - Centre 2 9:30 Friendship Group - Games Room 9:35 Advanced Tap Dance - Centre 1 10:00 Knit & Stitch - MK Room 10:00 Nordic Pole Walking - Hallway 10:15 Stretch & Tone - Centre 2 11:15 Latin Dance for Individuals - Centre 1 11:30 Pilates - Centre 2 11:30 Lunch Program - Kitchen 12:30 Drum Fitness - Seated - Centre 1 1:00 Bid Euchre - Centre 2 2:00 Beginner Line Dancing - Centre 1	9:00 HOPE - English for Beginners - MK Room 9:30 Low Impact Fitness - Centre 1 & 2 10:15 Hand Dance - Welcome Room 10:45 Chair Yoga - Centre 2 10:45 Nordic Pole Walking - Hallway 11:00 Beginner Line Dancing - Centre 1 11:00 Easy Spanish Class - MK Room 11:30 Lunch Program - Kitchen 12:00 Yoga - Centre 2 12:00 Intermediate Line Dancing - Centre 1 1:00 Cribbage - MK Room 1:15 Low Stress Chair Fit - Centre 2 1:45 Tai Chi - Centre 1	9:00 Zumba - High Intensity - Centre 1 & 2 9:30 Watercolour Painting - Games Room 10:00 Clogging - Centre 1 10:00 Get Up & Go Fitness - Centre 2 10:00 English Circle of Conversation - MK Room 11:30 Lunch program - Kitchen 11:45 Drum Fitness - Standing - Advanced - Centre 1 12:00 AA Meeting - MK Room 1:00 Craft Club Social - MK Room 1:00 Shuffleboard - Centre 2 1:00 Social Bridge - Games Room 1:30 Movie Afternoon - Welcome Room
				SATURDAY
				9:30 Open Circuit Workout - Centre 1 & 2
				Winter 2019