





















January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Coming up in February... February 14 - Valentines Day February 17- Family Day - Centre Closed February 25 - Pancake Lunch		1 New Year's Day Centre Closed	2 Centre re-opens 11:30 Lunch Program	3 11:30 Lunch Program 	4 8:30 Open Circuit Workout 
5	6 Winter Instructional Programs Begin 9:00 Massage Clinic 9:15 Seated Pedaling  - Beginner 10:00 Open Circuit Workout 11:30 Lunch Program	7 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	8 11:30 Lunch Program 1:00 Mural Workshop 	9 11:30 Lunch Program 	10 9:00 Grocery Shopping 11:15 Seated Pedaling  - Advanced 11:30 Lunch Program	11 8:30 Open Circuit Workout 
12	13 9:15 Seated Pedaling  - Beginner 10:00 Open Circuit Workout 11:30 Lunch Program	14 8:35 Body Boot Camp - Adapted 11:30 Lunch Program 1:30 Body Boot Camp	15 8:45 Foot Clinic 11:30 Lunch Program 1:00 Mural Workshop 	16 11:30 Lunch Program	17 11:15 Seated Pedaling  - Advanced 11:30 Van Trip - Lunch out @ Mandarin 11:30 Lunch Program	18 8:30 Open Circuit Workout 
19	20 9:15 Seated Pedaling  - Beginner 10:00 Open Circuit Workout 11:30 Lunch Program	21 8:35 Body Boot Camp - Adapted 9:30 Diabetes Clinic 10:30 Van Trip - Free Concert Series 11:30 Lunch Program 1:30 Body Boot Camp	22 11:30 Lunch Program 1:00 Mural Workshop 	23 11:30 Lunch Program 	24 9:00 Grocery Shopping 11:15 Seated Pedaling  - Advanced 11:30 Lunch Program	25 8:30 Open Circuit Workout 9:30 Book Club @ Weston Library 
26	27 9:15 Seated Pedaling  - Beginner 10:00 Open Circuit Workout 11:30 Lunch Program	28 8:35 Body Boot Camp - Adapted 11:30 Lunch Program 1:30 Body Boot Camp	29 11:30 Lunch Program 1:00 Mural Workshop 	30 11:30 Lunch Program	31 11:15 Van Trip - Winterlicious Lunch out @ The Civic 11:15 Seated Pedaling  - Advanced 11:30 Lunch Program	