











July 2018

1901 Weston Road
 (416) 245 4395
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 and check us out on
 Facebook and Twitter

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 Centre Closed Canada Day 	3 Summer Programs Begin 9:30 Open Circuit Workout New 11:30 Lunch Program	4 11:30 Lunch Program 	5 11:30 Lunch Program 1:15 Dancing Rivers of Wellbeing <i>encore!</i>	6 11:30 Lunch Program 1:00 Mind Body and Yoga NEW	7 9:30 Open Circuit Workout 	
8	9 9:00 Massage Clinic 11:30 Lunch Program 1:00 Mind Body and Yoga NEW 	10 9:00 Reflexology Clinic 9:30 Open Circuit Workout New 11:30 Lunch Program	11 9:00 Casino Rama 11:00 Van Trip - Lunch Summerlicious 11:30 Lunch Program 	12 11:30 Lunch Program 1:15 Dancing Rivers of Wellbeing <i>encore!</i>	13 9:00 Grocery Shopping 11:30 Lunch Program 11:30 Van Trip - Lunch Summerlicious 1:00 Mind Body and Yoga NEW	14 9:30 Open Circuit Workout 	
15	16 8:45 Foot Clinic  11:30 Lunch Program 1:00 Mind Body and Yoga NEW	17 9:30 Open Circuit Workout New 11:30 Lunch Program	18 11:30 Lunch Program 11:30 Van Trip - Lunch Summerlicious 	19 9:30 Diabetes Clinic 11:30 Lunch Program 1:15 Dancing Rivers of Well Being <i>encore!</i>	20 11:30 Lunch Program 1:00 Mind Body and Yoga NEW	21 9:30 Open Circuit Workout 	
22	23 11:30 Lunch Program 1:00 Mind Body and Yoga NEW	24 9:30 Open Circuit Workout New 10:00 Hope Group BBQ 11:30 Lunch Program	25 10:30 Conversation in Italian Workshop 11:30 Lunch Program	26 11:30 Lunch Program 1:15 Dancing Rivers of Wellbeing <i>encore!</i>	27 9:00 Grocery Shopping 11:30 Lunch Program 1:00 Mind Body and Yoga NEW	28 9:30 Book Club @ Weston Library 9:30 Open Circuit Workout 	
29	30 11:30 Lunch Program 1:00 Mind Body and Yoga NEW	31 9:30 Open Circuit Workout New 11:30 Lunch Program	Coming up in August... August 1 - Fall Program Registration Begins August 6 - Centre Closed for the Civic Holiday August 27- August 31 - Centre Open No Programs				