













July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Canada Day Centre Closed 	2 Summer Programs Begin 8:30 Day Trip - Casino Rama 11:30 Lunch Program 1:00 1000 Words: Seniors Storytelling	3 11:30 Lunch Program	4 8:00 Open Circuit Workout 11:30 Lunch Program	5 11:30 Lunch Program 	6 8:30 Open Circuit Workout 
7	8 9:00 Massage Clinic 10:30 Open Circuit Workout 11:30 Lunch Program 	9 11:30 Lunch Program 1:00 1000 Words: Seniors Storytelling	10 11:30 Lunch Program 	11 8:00 Open Circuit Workout 11:30 Lunch Program	12 9:00 Grocery Shopping 11:30 Van Trip - Summerlicious @ Jaime's Italian Yorkdale 11:30 Lunch Program	13 8:30 Open Circuit Workout 
14	15 8:45 Foot Clinic 10:30 Open Circuit Workout 11:30 Lunch Program	16 9:30 Diabetes Clinic 11:30 Lunch Program 1:00 Urban Dance Workshop New	17 11:15 Van Trip - Summerlicious @ Ufficio 11:30 Lunch Program	18 8:00 Open Circuit Workout 11:30 Lunch Program	19 11:15 Van Trip - Summerlicious @ David Duncan House 11:30 Lunch Program	20 8:30 Open Circuit Workout 
21	22 10:30 Open Circuit Workout 11:30 Lunch Program 	23 11:30 Lunch Program 1:00 Urban Dance Workshop New	24 11:30 Lunch Program 	25 8:00 Open Circuit Workout 11:30 Lunch Program	26 9:00 Grocery Shopping 10:00 Van Trip - Cloverdale Mall 11:30 Lunch Program 	27 8:30 Open Circuit Workout 9:30 Book Club @ Weston Library
28	29 10:30 Open Circuit Workout 11:30 Lunch Program	30 11:30 Lunch Program 1:00 Urban Dance Workshop New 	31 11:30 Lunch Program	Coming up in August... August 8 - Fall Program Registration Begins August 5 - Centre Closed for the Civic Holiday August 19 Summer Session ends August 26- August 31 - Centre Open No Programs		

Weekly Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Zumba - Centre 1 9:15 Stretch & Tone - Centre 2 10:30 Bone Builders - Centre 2 10:30 Open Circuit Workout - Centre 1 10:30 Nordic Pole Walking - (Italian) - Games Room 11:30 Logic Games - Games Room 11:30 Lunch Program - Kitchen 12:00 AA Meeting - MK Room 12:30 Hand Dance - Games Room 1:15 Line Dancing - Intermediate - Centre 2 1:30 Bingo - Centre 1 2:00 Mindful Monday Adult Colouring - Games Room</p>	<p>9:00 HOPE - English for Beginners - MK Room 9:45 Fit For Life - Centre 1 & 2 10:45 Nordic Pole Walking - Hallway 10:50 Low Stress Chair Fit - Centre 1 & 2 11:00 Mindful Movement Fusion - MK Room 11:30 Lunch Program - Kitchen 1:00 Beginner Bridge - MK Room</p>	<p>9:00 Bone Builders - Centre 2 9:30 Friendship Group - Games Room 10:00 Knit & Stitch - MK Room 10:00 Nordic Pole Walking - Hallway 10:15 Stretch & Tone - Centre 2 10:15 Tap Dance - Beginner & Intermediate - Centre 1 10:30 Italian Conversation Group - MK Room 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 Line Dancing - Absolute Beginners - Centre 1</p>	<p>8:00 Open Circuit Workout - Centre 1 & 2 9:00 HOPE - English for Beginners - MK Room 9:30 Low Impact Fitness - Centre 1 & 2 10:45 Chair Yoga - Games Room 10:45 Nordic Pole Walking - Hallway 11:00 Easy Spanish Class - MK Room 11:00 Line Dancing - Beginners - Centre 1 11:30 Lunch Program - Kitchen 12:00 Yoga - Games Room 12:00 Line Dancing - Improvers - Centre 1 1:00 Cribbage - MK Room 1:15 Low Stress Chair Fit - Centre 2</p>	<p>9:00 Zumba - High Intensity - Centre 1 & 2 10:00 Get Up and Go Fitness - Centre 1 & 2 10:00 English Circle Conversation - MK Room 11:15 Hand Dance - Centre 1 11:30 Lunch Program - Kitchen 12:00 Drum Fitness - Standing - Advanced - Centre 1 12:00 AA Meeting - MK Room 1:00 Social Bridge - Games Room 1:00 Shuffleboard - Centre 2 1:05 Craft Club Social - MK Room</p>
				SATURDAY
				<p>8:30 Open Circuit Workout - Centre 1 & 2 10:15 Strong Core Fitness - Centre 2</p>
Summer 2019				