








Marzo 2018

Dom	Lunes	Martes	Miercoles	Jueves	Viernes	Sab
Lo que viene en abril . . . Lunes 2 de abril - La sesion de primavera comienza Jueves 19 de abril – Almuerzo a los voluntarios - Centro estara cerrado				1 11:30 Programa de almuerzo 	2 9:00 Día de compras de comestibles 10:00 Albus de recortes heredados 11:30 Lunch Program	3
4	5 9:00 Clinica de masage 11:30 Program de almuerzo 12:00 Mentes y movimiento 4:00 Baila conmigo - Belly Dance	6 11:30 Programa de almuerzo 1:00 Grupo de apoyo para la gente de poca visión	7 11:15 Memorias musicales - Musica Italiana 11:30 Programa de almuerzo	8 11:30 Programa de almuerzo	9 10:00 Albus de recortes heredados 11:30 Programa de almuerzo	10
11 Hora de cambiar sus relojes	12 11:30 Programa de almuerzo 12:00 Mentes y movimiento 4:00 Baila conmigo - Belly Dance 	13 9:00 Clinica de Reflexologia 11:30 Programa de almuerzo	14 9:00 Casino Rama 11:30 Programa de almuerzo 	15 YWALC y su FERIA DE LA SALUD No Programs	16 9:00 Día de compras de comestibles 9:45 Paseo a - Canada Blooms Show 10:00 Albus de recortes heredados 11:30 Programa de	17
18	19 8:45 Clinica del pie  11:30 Programa de almuerzo 4:00 Baila conmigo - Hip Hop	20 11:30 Programa de almuerzo 1:30 Cosina comigo - Canada	21 11:30 Programa de almuerzo	22 9:30 Clinica de Diabetes 11:00 Visita a HR Hospital 11:30 Programa de almuerzo	23 10:30 Paseo a - Aga Khan Museum  11:30 Programa de almuerzo	24 9:30 Club del Libro @ Weston Library
25	26 11:30 Programa de almuerzo 4:00 Baila conmigo - Hip Hop	27 11:30 Cosina conmigo Evento especial 	28 10:30 Taller de Conversación en Italiano 11:30 Programa de almuerzo	29 11:30 Programa de almuerzo 	30 El Centro esta cerrado Good Friday	31

Weekly Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 ZUMBA GOLD - Centre 1	9:00 HOPE - English for Beginners - YWALC Room	9:00 Beginner Tap Dance - Centre 1	9:00 HOPE - English for Beginners - YWALC Room	9:00 Zoomba - Centre 1 & 2
9:30 It's Never too late (Italian Class) - YWALC Room	9:30 Fit for Life - Centre 1 & 2	9:30 Friendship Group - YWALC Room	9:30 Low Impact Fitness - Centre 1 & 2	9:30 Watercolour Painting - YWALC Room
9:30 Stretch & Tone - Centre 2	10:00 Low Vision Craft Group - MK Room	9:35 Advanced Tap Dance - Centre 1	10:45 Chair Yoga - Centre 2	10:00 This is my Legacy Scrapbooking - Games Room
10:15 Modern Square Dance - Centre 1	10:30 ZUMBA GOLD - Games Room	10:00 Knit & Stitch - MK Room	10:45 Nordic Pole Walking - Hallway	10:00 Clogging - Centre 1
10:30 Bone Builders - Centre 2	10:45 Low Stress Chair Fit - Centre 1 & 2	10:00 Nordic Pole Walking - Hallway	11:00 Beginner Line Dancing - Centre 1	10:00 Get Up & Go Fitness - Centre 2
10:30 Nordic Pole Walking - (Italian) - Games Room/Hallway	10:45 Nordic Pole Walking - Hallway	11:30 Pilates - Centre 2	11:00 Easy Spanish Class - YWALC Room	10:15 English Circle of Conversation - MK Room
11:30 Stretch & Tone - Centre 2	11:30 Lunch Program - Kitchen	11:30 Lunch Program - Kitchen	11:30 Lunch Program - Kitchen	11:30 Lunch program - Kitchen
11:30 Lunch Program - Kitchen	12:00 Advanced Line Dancing - Centre 1	12:30 Drum Fitness - Centre 1	12:00 Yoga - Centre 2	12:00 AA Meeting - YWALC Room
12:00 AA Meeting - MK Room	1:00 Plant , Paint & Chat - Games Room/Hallway	1:00 Bid Euchre - Centre 2	12:00 Intermediate Line Dancing - Centre 1	1:00 Craft Club Social - MK Room
12:30 Duplicate Bridge - YWALC Room	1:00 Karaoke for Fun - YWALC Room	2:00 Beginner Line Dancing - Centre 1	1:00 Cribbage - MK Room	1:00 Shuffleboard - Centre 2
1:30 Bingo - Centre 1	1:00 Beginners Bridge - MK Room		1:15 Low Stress Chair Fit - Centre 2	1:00 Social Bridge - Games Room
1:45 Dancing for People with Parkinson's - Games Room			1:45 Tai Chi - Centre 1	1:30 Movie Afternoon - Various Rooms - see staff

Winter 2018