











March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 9:00 Massage Clinic 9:15 Seated Pedaling - Beginner 10:00 Open Circuit Workout 11:30 Lunch Program 	3 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	4 11:30 Lunch Program 	5 11:30 Lunch Program	6 9:00 Hearing Clinic 9:00 Grocery Shopping 11:15 Seated Pedaling - Advanced 11:30 Lunch Program	7 8:30 Open Circuit Workout 	
8 	9 9:15 Seated Pedaling - Beginner 10:00 Open Circuit Workout 11:30 Lunch Program	10 8:35 Body Boot Camp - Adapted 11:30 Lunch Program 1:30 Body Boot Camp	11 YWALC Health Fair No Programs	12 11:30 Lunch Program	13 9:45 Van Trip - Canada  Blooms Show  11:15 Seated Pedaling - Advanced 11:30 Lunch Program	14 8:30 Open Circuit Workout 	
15	16 Spring Registration Begins 8:45 Foot Clinic  9:15 Seated Pedaling - Beginner 10:00 Open Circuit Workout 11:30 Lunch Program	17 8:35 Body Boot Camp - Adapted 11:30 St. Patrick's Day Lunch  1:30 Body Boot Camp 2:00 St. Patrick's Draw	18 11:30 Lunch Program	19 11:30 Lunch Program 	20 9:00 Grocery Shopping 9:45 Van Trip - Woodbine Shopping Centre & Casino 11:15 Seated Pedaling - Advanced 11:30 Lunch Program	21 8:30 Open Circuit Workout 	
22	23 Winter Session Ends 9:15 Seated Pedaling - Beginner 10:00 Open Circuit Workout 11:30 Lunch Program 	24 8:35 Body Boot Camp - Adapted 9:30 Diabetes Clinic 11:30 Van Trip - Lunch out & Free Art Exhibit 11:30 Lunch Program 1:30 Body Boot Camp	25 11:30 Lunch Program 	26 11:30 Lunch Program	27 11:15 Seated Pedaling - Advanced 11:30 Lunch Program 	28 8:30 Open Circuit Workout 9:30 Book Club @ Weston Library 	
29	30 10:00 Open Circuit Workout 11:30 Lunch Program Make Up Classes →	31 11:30 Lunch Program	Coming up in April April 6 - Spring Session Begins April 10 - Good Friday - Centre Closed April 21 - Volunteer Luncheon - Centre Closed				

Weekly Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15 Seated Pedaling - Beginner - Centre 2 10:00 French Class - MK Room 10:00 Stretch & Tone - Centre 2 10:00 Open Circuit Workout - Centre 1 10:30 Nordic Pole Walking (Italian) - Games Room/Hallway 11:05 Bone Builders - Centre 2 11:30 Logic Games (in Italian) - Games Room 11:30 Lunch Program - Kitchen 12:00 AA Meeting - MK Room 12:30 Hand Dance - Games Room 1:15 Intermediate Line Dancing - Centre 2 1:30 Bingo - Centre 1 2:00 Mindful Monday Adult Colouring - Games Room	8:35 Body Boot Camp - Adapted Centre 1 & 2 9:00 HOPE - English for Beginners - MK Room 9:45 Fit for Life - Centre 1 & 2 10:00 Low Vision Craft Group - Games Room 10:50 Low Stress Chair Fit Centre 1 & 2 11:30 Lunch Program - Kitchen 1:00 Beginners Bridge - MK Room 1:00 Watercolour Painting Techniques - Games Room 1:30 Body Boot Camp - Centre 1 & 2 1:30 TV Series Afternoon - Welcome Room	9:00 Stretch & Tone 1 - Centre 2 9:30 Friendship Group - Games Room (front) 10:00 Tap Dance - All Levels - Centre 1 10:05 Bone Builders - Centre 2 10:00 Knit & Stitch - Games Room (back) 10:30 Italian Conversation Group - Welcome Room 11:10 Stretch & Tone 2 - Centre 2 11:30 Pilates - Centre 1 11:30 Lunch Program - Kitchen 12:30 Drum Fitness - Seated - Centre 1 1:00 Mural Workshop - MK Room 1:00 Bid Euchre - Centre 2 2:00 Line Dancing - Absolute Beginners - Centre 1	9:00 HOPE - English for Beginners - MK Room 9:30 Low Impact Fitness - Centre 1 & 2 10:45 Chair Yoga - Centre 2 11:00 Line Dancing - Beginners - Centre 1 11:00 Easy Spanish Class - MK Room 11:30 Lunch Program - Kitchen 12:00 Yoga - Games Room 12:05 Improvers Line Dancing - Centre 1 12:45 Low Stress Chair Fit - Centre 2 1:00 Cribbage - MK Room 1:45 Tai Chi - Centre 1	9:00 Zumba - High Intensity - Centre 1 & 2 9:30 Watercolour Painting - Games Room 10:00 Clogging - All Levels - Centre 1 10:00 Get Up & Go Fitness - Centre 2 11:15 Seated Pedaling - Advanced - Centre 2 11:30 Lunch program - Kitchen 12:00 Drum Fitness - Standing - Advanced - Centre 1 12:00 AA Meeting - MK Room 1:05 Craft Club Social - MK Room 1:00 Shuffleboard - Centre 2 1:00 Social Bridge - Games Room 1:30 Movie Afternoon - Welcome Room
				SATURDAY
				8:30 Open Circuit Workout - Centre 1 & 2
				Winter 2020