













Marzo 2020

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 and check us out on
 Facebook and Twitter

Dom	Lun	Mar	Mier	Jue	Vier	Sab	
1	2 9:00 Clínica de masaje 9:15 Seated Pedaling - Beginner 10:00 Open Circuit Workout 11:30 Almuerzo 	3 8:30 Paseo Van - Fallsview Casino 8:35 Body Boot Camp - Adapted 9:00-10:30 Clase de Inglés 11:30 Almuerzo 1:00 Grupo de Apoyo/Personas de poca Vision 1:30 Body Boot Camp	4 11:30 Almuerzo 	5 9:00-10:30 Clase de Inglés 11:30 Almuerzo	6 9:00 Clínica del oído 9:00 Supermercado 11:15 Seated Pedaling - Advanced 11:30 Almuerzo	7 8:30 Open Circuit Workout 	
8 	9 9:15 Seated Pedaling - Beginner 10:00 Open Circuit Workout 11:30 Almuerzo	10 8:35 Body Boot Camp - Adapted 9:00-10:30 Clase de Inglés 11:30 Almuerzo 1:30 Body Boot Camp	11 YWALC Feria de Salud 9:30am-12:30pm No Programas	12 9:00-10:30 Clase de Inglés 11:30 Almuerzo	13 9:45 Paseo Van - Canada  Blooms Show  11:15 Seated Pedaling - Advanced 11:30 Almuerzo	14 8:30 Open Circuit Workout 	
15	16 Registro/Programas de Primavera 8:45 Clínica del pie  9:15 Seated Pedaling - Beginner 10:00 Open Circuit Workout 11:30 Almuerzo	17 8:35 Body Boot Camp - Adapted 9:00-10:30 Clase de Inglés 11:30 St. Patrick's Day Lunch  1:30 Body Boot Camp 2:00 Rifa St. Patrick's	18 11:30 Almuerzo	19 9:00-10:30 Clase de Inglés 11:30 Almuerzo 	20 9:00 Supermercado 9:45 Paseo Van - Woodbine Shopping/Casino 11:15 Seated Pedaling - Advanced 11:30 Almuerzo	21 8:30 Open Circuit Workout 	
22	23 Termina Sesion Invierno 9:15 Seated Pedaling - Beginner 10:00 Open Circuit Workout 11:30 Almuerzo 	24 8:35 Body Boot Camp - Adapted 9:00-10:30 Clase de Inglés 9:30 Clínica de Diabetes 11:30 Paseo Van - Almuerzo Afuera & Exposicion de Arte 11:30 Almuerzo 1:30 Body Boot Camp	25 11:30 Almuerzo 	26 9:00-10:30 Clase de Inglés 11:30 Almuerzo	27 11:15 Seated Pedaling - Advanced 11:30 Almuerzo 	28 8:30 Open Circuit Workout 9:30 Book Club @ Weston Library 	
29	30 10:00 Open Circuit Workout 11:30 Almuerzo Recuperación/Clases →	31 9:00-10:30 Clase de Inglés 11:30 Almuerzo	Proximamente en Abril Abril 6 - Comienzo de Sesión Primavera Abril 10 - Viernes Santo - Centro Cerrado Abril 21 - Almuerzo para Voluntarios - Centro Cerrado				

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