







May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00 Massage Clinic 11:30 Lunch Program	2 11:30 Light Lunch 1:00 Low Vision Support Group 1:45 Mitzvah Technique	3 11:30 Lunch Program 2:00 Beginners Line Dance	4 11:30 Light Lunch	5 11:30 Soup Lunch 	6
7	8 11:30 Lunch Program 	9 11:30 Light Lunch 1:30 Cook with Me NEW 1:45 Mitzvah Technique	10 9:00 Casino Rama 10:30 Van Trip - COC Free Concert Series 11:30 Lunch Program 2:00 Beginners Line Dance	11 11:30 Light Lunch 	12 9:00 Grocery Shopping 10:00 Legacy Scrapbooking NEW 11:30 Soup Lunch	13
14 	15 11:00 Van Trip - Cloverdale Mall 11:30 Lunch Program	16 11:30 Light Lunch 1:45 Mitzvah Technique 	17 8:45 Foot Clinic 11:30 Lunch Program 2:00 Beginners Line Dance	18 9:30 Diabetes Clinic 11:30 Light Lunch	19 10:00 Legacy Scrapbooking NEW 11:30 Soup Lunch	20
21 	22 Centre Closed for Victoria's Day	23 11:30 Light Lunch 1:30 Cook with Me NEW 1:45 Mitzvah Technique	24 9:15 Italian - Outdoor Lunch & Learn 11:30 Lunch Program 2:00 Beginners Line Dance 2:30 Van Trip - Montgomery's Inn	25 11:30 Light Lunch	26 9:00 Grocery Shopping 10:00 Legacy Scrapbooking NEW 11:30 Soup Lunch	27 9:30 Book Club @Weston Library
28	29 11:30 Lunch Program 	30 11:30 Light Lunch 1:45 Mitzvah Technique	31 10:30 Conversation in Italian Workshop 11:30 Lunch Program 2:00 Beginners Line Dance	Coming up in June... June 1 - Summer Program registration begins June 1 - Canada Day BBQ - tickets go on sale June 10 - Walk-a-thon.. Support your centre, be a walker or donor! June 27 - Annual General Meeting June 30 - Canada Day BBQ		

Weekly Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 It's Never to late (Italian Class) - YWALC Room	9:00 HOPE - English for Beginners - YWALC Room	9:00 Beg. Happy Tappers - Centre 1	9:00 HOPE - English for Beginners - YWALC Room	9:00 Zoomba - Centre 1 & 2
9:00 Zoomba - Centre 1 & 2	9:30 Fit for Life - Centre 1 & 2	9:15 Bone Builder's - Centre 2	9:30 Low Impact Fitness - Centre 1 & 2	9:30 Watercolour Painting - YWALC Room
10:00 Bone Builders - Centre 2	10:00 Low Vision Craft Group - Games Room	9:30 Friendship Group - YWALC Room	10:45 Chair Yoga - Centre 2	10:00 Clogging - Centre 1
10:15 Modern Square Dance - Centre 1	10:30 Chair ZUMBA - MK Room	9:35 Happy Tappers - Centre 1	10:45 Nordic Pole Walking - Hallway	10:00 Get Up & Go Fitness - Centre 2
10:30 Nordic Pole Walking - (Italian) - Hallway	10:45 Low Stress Chair Fit - Centre 1 & 2	10:00 Knit & Stitch - MK Room	11:00 Beg Line Dance - Centre 1	10:15 English Circle of Conversation - MK Room
11:00 Stretch & Tone - Centre 2	10:45 Nordic Pole Walking - Hallway	10:00 Nordic Pole Walking - Hallway	11:00 Easy Spanish Class - MK Room	11:15 Balance & Stretch - Centre 2
11:30 Lunch Program - Kitchen	11:30 Latin Fitness in Spanish	10:15 Stretch &Tone - Centre 2	11:30 Latin Fitness in Spanish - YWALC Room	11:30 Soup Friday - Kitchen
12:30 Duplicate Bridge - YWALC Room	11:30 Light Lunch - Kitchen	11:30 Lunch Program - Kitchen	11:30 Light Lunch - Kitchen	12:00 AA Meeting - YWALC Room
12:00 AA Meeting - MK Room	12:00 Adv. Line Dancing - Centre 1	11:30 Strong Spine Fitness - Centre 2	12:00 Yoga - Centre 2	1:00 Craft Club Social - MK Room
1:00 Billiards - Games Room	12:00 Pilates - Centre 2	12:30 Drum Fitness - Centre 1	12:00 Intermediate Line Dancing - Centre 1	1:00 Shuffleboard - Centre 2
1:30 Dancing for People with Parkinson's - Centre 2	1:00 Karaoke for Fun - YWALC Room	1:00 Bid Euchre - Centre 2	1:00 Cribbage - Games Room	1:00 Social Bridge - Centre 1
1:30 Bingo - Centre 1	1:00 Beginners Bridge - Games Room	2:00 Beginner Line Dance - Centre 1	1:00 Low Stress Chair Fit - Centre 2	1:30 Movie Afternoon - Various Rooms - see staff
	1:45 Mitzvah Technique - Centre 1		1:15 Adv. Tai Chi - YWALC Room	
	2:30 Low Impact Fitness - Centre 2		2:15 Beg. Tai Chi - YWALC Room	

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