








Maggio 2017

dom	lunedì	martedì	mercoledì	giovedì	venerdì	sab
	1 9:00 Amb. Massaggi 9:00 Lezione di Italiano 11:30 Pranzo	2 11:30 Pranzo leggero 1:00 Low Vision Support Group 1:45 Mitzvah Technique	3 11:30 Pranzo 2:00 Beginners Line Dance	4 11:30 Pranzo leggero	5 11:30 Zuppa 	6
7	8 9:00 Lezione di Italiano 11:30 Pranzo 	9 11:30 Pranzo leggero 1:30 Cook with Me NEW 1:45 Mitzvah Technique	10 9:00 Casinò Rama 10:30 Gita alla COC Concerto gratis 11:30 Pranzo 2:00 Beginners Line Dance	11 11:30 Pranzo leggero 	12 9:00 Supermercato 10:00 Legacy Scrapbooking NEW 11:30 Zuppa	13
14	15  9:00 Lezione di Italiano 11:00 Gita al Cloverdale Mall 11:30 Pranzo	16 11:30 Pranzo leggero 1:45 Mitzvah Technique 	17 8:45 Amb. Piedi 11:30 Pranzo 2:00 Beginners Line Dance	18 9:30 Amb. Diabete 11:30 Pranzo leggero	19 10:00 Legacy Scrapbooking NEW 11:30 Zuppa	20
21	22  Centro chiuso per Victoria's Day	23 11:30 Pranzo leggero 1:30 Cook with Me NEW 1:45 Mitzvah Technique	24 9:15 Outdoor L&L Gita al St. Lawrence Market (It.) 11:30 Pranzo 2:00 Beginners Line Dance 2:30 Gita al Montgomery's Inn	25 11:30 Pranzo leggero	26 9:00 Supermercato 10:00 Legacy Scrapbooking NEW 11:30 Zuppa	27 9:30 Book Club @Weston Library
28	29 9:00 Lezione di Italiano 11:30 Pranzo 	30 11:30 Pranzo leggero 1:45 Mitzvah Technique	31 10:30 Conversazione in Italiano 11:30 Pranzo 2:00 Beginners Line Dance	In programma per giugno... 1 giugno - Inizio iscrizioni ai programmi estivi 1 giugno - biglietti del Canada Day BBQ in vendita 10 giugno - Walk-a-thon.. Supportate il Centro: camminate o donate 27 giugno - Assemblea generale annual 30 giugno - 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 - YWALC Room	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	

Spring 2017