

Mayo 2017

Dom	Lun	Mar	Mie	Jue	Vie	Sab
	1 9:00 Clínica del Masaje 11:30 Almuerzo	2 11:30 Almuerzo Ligerito 1:00 Grupo de apoyo para personas con poca visión 1:45 Mitzvah Technique	3 11:30 Almuerzo 2:00 Beginners Line Dance	4 11:30 Almuerzo Ligerito	5 11:30 Sopa de Almuerzo 	6
7	8 11:30 Almuerzo 	9 11:30 Almuerzo Ligerito 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 Almuerzo 2:00 Beginners Line Dance	11 11:30 Almuerzo Ligerito 	12 9:00 Compra de Abarrotes 10:00 Legacy Scrapbooking NEW 11:30 Sopa de Almuerzo	13
14 	15 11:00 Van Trip - Cloverdale Mall 11:30 Almuerzo	16 11:30 Almuerzo Ligerito 1:45 Mitzvah Technique 	17 8:45 Clínica del pie 11:30 Almuerzo 2:00 Beginners Line Dance	18 9:30 Clínica de Diabetes 11:30 Almuerzo Ligerito	19 10:00 Legacy Scrapbooking NEW 11:30 Sopa de Almuerzo	20
21 	22 Centro Cerrado por Victoria's Day	23 11:30 Almuerzo Ligerito 1:30 Cook with Me NEW 1:45 Mitzvah Technique	24 9:15 Italian - Outdoor Lunch & Learn 11:30 Almuerzo 2:00 Beginners Line Dance 2:30 Van Trip - Montgomery's Inn	25 11:30 Almuerzo Ligerito	26 9:00 Compra de Abarrotes 10:00 Legacy Scrapbooking NEW 11:30 Sopa de Almuerzo	27 9:30 Club del Libro en Weston Library
28	29 11:30 Almuerzo 	30 11:30 Almuerzo Ligerito 1:45 Mitzvah Technique	31 10:30 Conversation in Italian Workshop 11:30 Almuerzo 2:00 Beginners Line Dance	Coming up in June... 1 de Junio - Comienzan los registros para el Programa de Verano 1 de Junio - Canada Day BBQ - Tickets salen a la venta 10 de Junio - Walk-a-thon... Apoya al centro, donando o caminando! 27 de Junio - Reunión General Anual June 30 - Aniversario de Canada BBQ		

Horario Semanal

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
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	

Primavera 2017