






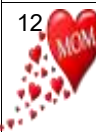















May 2019

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Coming up in June... June 4 - Casino Rama June 5 - Summer Registration Begins June 7 - Hearing Clinic June 28 - Canada Day Lunch			1 11:30 Lunch Program 	2 8:00 Open Circuit Workout  10:00 West Reach - Creative Expressions 11:30 Lunch Program	3 9:00 Grocery Shopping 10:00 English Circle Conversation 11:30 Lunch Program	4 8:30 Open Circuit Workout  10:15 Strong Core Fitness
5	6 9:00 Massage Clinic  10:30 Open Circuit Workout 11:30 Lunch Program	7  8:30 Casino Rama 11:30 Lunch Program 12:00 Mindful Movement Fusion 1:00 Low Vision Support Group	8 11:30 Lunch Program	9 8:00 Open Circuit Workout  10:00 West Reach - Creative Expressions 11:30 Lunch Program	10 10:00 English Circle Conversation 11:30 Lunch Program	11 8:30 Open Circuit Workout  10:15 Strong Core Fitness
 12 10:30 Open Circuit Workout  11:30 Lunch Program	13 10:30 Open Circuit Workout  11:30 Lunch Program	14 11:30 Lunch Program 12:00 Mindful Movement Fusion	15 8:45 Foot Clinic  11:30 Lunch Program	16 8:00 Open Circuit Workout  10:00 West Reach - Creative Expressions 11:30 Lunch Program	17 9:00 Grocery Shopping 10:00 English Circle Conversation 11:30 Lunch Program 	18 8:30 Open Circuit Workout  10:15 Strong Core Fitness
19	20 Centre Closed 	21 11:30 Lunch Program 12:00 Mindful Movement Fusion	22 11:30 Lunch Program 	23 8:00 Open Circuit Workout  9:30 Diabetes Clinic 10:00 West Reach - Creative Expressions 11:30 Lunch Program	24 10:00 English Circle Conversation 10:00 Van to St. Lawrence Market 11:30 Lunch Program	25 8:30 Open Circuit Workout  9:30 BookClub @ Weston Library 10:15 Strong Core Fitness
26	27 10:30 Open Circuit Workout  11:30 Lunch Program	28 11:30 Lunch Program 12:00 Mindful Movement Fusion 	29 11:30 Lunch Program	30 8:00 Open Circuit Workout  10:00 West Reach - Creative Expressions 11:30 Lunch Program	31 9:00 Grocery Shopping 10:00 English Circle Conversation 10:00 Van to Ripley's Aquarium 11:30 Lunch Program	