

September 2019
















1901 Weston Road

(416) 245 4395

info@ywalc.ca

and check us out on

Facebook and Twitter

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Centre Closed  LABOR DAY	3 8:30 Day Trip - Casino Rama 11:30 Lunch Program 1:00 Low Vision Support Group 1:30 TV Series Afternoon	4 11:30 Lunch Program	5 9:30 Annual Open House 1:00 Annual General Meeting No Programs	6 9:00 Hearing Clinic 9:00 Grocery Shopping 11:30 Lunch Program 1:30 Movie Afternoon 1:30 Healthy Eating & Fitness Program 	7 8:30 Open Circuit Workout 
8	9 Fall Instructional Programs Begin 9:00 Massage Clinic 9:00 Van Trip - Toronto Zoo 11:30 Lunch Program	10 11:00 Workshop - Foundation for Mindful Back Care 11:30 Lunch Program 1:30 TV Series Afternoon 	11 11:30 Lunch Program 	12 8:00 Open Circuit Workout 11:30 Lunch Program	13 11:30 Lunch Program 1:30 Movie Afternoon 1:30 Healthy Eating & Fitness Program 	14 8:30 Open Circuit Workout 
15	16 8:45 Foot Clinic 11:30 Lunch Program 	17 9:30 Diabetes Clinic 11:00 Workshop - Foundation for Mindful Back Care 11:30 Lunch Program 1:30 TV Series Afternoon	18 11:30 Lunch Program	19 8:00 Open Circuit Workout 11:30 Lunch Program 	20 9:00 Grocery Shopping 10:00 Van Trip – Lunch out @ Mandarin/Winners 11:30 Lunch Program 1:30 Movie Afternoon 1:30 Healthy Eating & Fitness Program 	21 8:30 Open Circuit Workout 
22	23 11:30 Lunch Program	24 11:00 Workshop - Foundation for Mindful Back Care 11:30 Lunch Program 1:30 TV Series Afternoon	25 11:30 Lunch Program 	26 8:00 Open Circuit Workout 11:30 Lunch Program	27 11:30 Lunch Program 1:30 Movie Afternoon 1:30 Healthy Eating & Fitness Program 	28 8:30 Open Circuit Workout 9:30 Book Club @ Weston Library
29	30 10:00 French Class  11:30 Lunch Program	Coming up in October... October 5 - YWALC Walk-a-thon October 14 - Centre Closed for Thanksgiving				

Weekly Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Zoomba - Centre 1 & 2 10:00 French Class - MK Room 10:00 Stretch & Tone - Centre 2 10:30 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 Line Dancing - Intermediate - Centre 2 1:30 Bingo - Centre 1 2:00 Mindful Monday Adult Colouring - Games Room	9:00 HOPE - English for Beginners (taught in Spanish) - 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 1:30 TV Series Afternoon - Welcome Room 1:30 Watercolour Painting Techniques - Games Room	9:00 Tap Dance - Beginner - Centre 1 9:00 Stretch and Tone 1 - Centre 2 9:30 Friendship Group - Games Room (front) 9:35 Tap Dance - Advanced - Centre 1 10:00 Knit & Stitch - Games Room (back) 10:05 Bone Builders - Centre 2 10:30 Italian Conversation Group - MK 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 Bid Euchre - Centre 2 2:00 Line Dancing - Absolute Beginners - Centre 1	8:00 Open Circuit Workout - Centre 1 9:00 HOPE - English for Beginners (taught in Spanish) - MK Room 9:30 Low Impact Fitness - Centre 1 & 2 10:45 Chair Yoga - Games Room 11:00 Line Dancing - Beginners - Centre 1 11:00 Easy Spanish Class - MK Room 11:30 Lunch Program - Kitchen 12:00 Yoga - Games Room 12:00 Line Dancing - Improvers - Centre 1 1:00 Cribbage - MK Room 1:15 Low Stress Chair Fit - Centre 2 1:45 Tai Chi - Centre 1	9:00 Zoomba High Intensity - Centre 1 & 2 9:30 Watercolour Painting - Games Room 10:00 Get Up and Go Fitness - Centre 2 10:00 Clogging - Centre 1 10:00 English Circle of Conversation - MK Room 11:30 Lunch Program - Kitchen 12:00 Drum Fitness - Standing - Centre 1 12:00 AA Meeting - MK Room 1:00 Shuffleboard - Centre 2 1:00 Social Bridge - Games Room 1:05 Craft Club Social - MK Room 1:30 Movie Afternoon - Welcome Room
				SATURDAY
				8:30 Open Circuit Workout - Centre 1 & 2
				Fall 2019