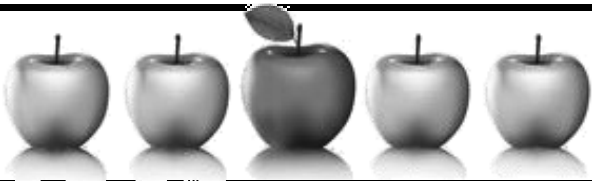














September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Coming up in October... October 8 - Centre Closed for Thanksgiving October 13 - YWALC Walk-a-thon						1
2	Centre Closed  LABOR DAY	4 Fall Social Programs Begin 11:30 Lunch Program 1:00 Low Vision Support Group - Guest Speaker	5 11:15 Musical Memories - Italian Music 11:30 Lunch Program	6 9:30 Annual Open House 1:00 Annual General Meeting No Programs	7 9:00 Hearing Clinic 9:00 Grocery Shopping 11:30 Lunch Program 	8
9	10 Fall Instructional Programs Begin 9:00 Massage Clinic 9:00 Van Trip - Toronto Zoo Seniors Day 10:15 Open Circuit Workout 11:30 Lunch Program	11 11:30 Lunch Program 12:00 Free Your Joints - Yoga for Joint Mobility 	12 8:45 Foot Clinic 9:00 Casino Rama 9:00 UP Express Trip - Osgoode Hall 11:30 Lunch Program 	13 11:30 Lunch Program	14 11:30 Lunch Program 	15 9:30 Open Circuit Workout 
16	17 9:45 Van Trip - Cloverdale Mall 10:15 Open Circuit Workout 11:30 Lunch Program 	18 11:30 Lunch Program 12:00 Free Your Joints - Yoga for Joint Mobility 	19 11:30 Lunch Program	20 9:30 Diabetes Clinic 11:30 Lunch Program 	21 9:00 Grocery Shopping 9:30 Van Trip - Kortright Advanced Group 11:30 Lunch program 1:00 Van Trip - Kortright Beginner Group	22 9:30 Open Circuit Workout 
23 <hr/> 30	24 10:15 Open Circuit Workout 11:30 Lunch Program	25 11:30 Lunch Program 12:00 Free Your Joints - Yoga for Joint Mobility 	26 10:30 Conversation in Italian Workshop 11:30 Lunch Program	27 11:30 Lunch Program 	28 10:00 Van Trip - Lunch Out @ Mandarin & Shopping 11:30 Lunch Program	29 9:30 Open Circuit Workout 9:30 Book Club @ Weston Library