

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	9:00 Nordic Pole Walking - (Spanish) - Hallway
10:00 Bone Builders - Centre 2	10:00 Low Vision Craft Group - Games Room	9:30 Friendship Group - YWALC Room	9:30 Healthy Mind, Healthy Bodies - MK Room	9:30 Watercolour Painting - YWALC Room
10:15 Modern Square Dance - Centre 1	10:30 Chair ZUMBA - MK Room	9:35 Happy Tappers - Centre 1	10:45 Chair Yoga - Centre 2	10:00 Clogging - Centre 1
10:30 Nordic Pole Walking - (Italian) - Hallway	10:45 Low Stress Chair Fit - Centre 1 & 2	10:00 Knit & Stitch - MK Room	10:45 Nordic Pole Walking - Hallway	10:00 Get Up & Go Fitness - Centre 2
11:00 Stretch & Tone - Centre 2	10:45 Nordic Pole Walking - Hallway	10:00 Nordic Pole Walking - Hallway	11:00 Beg Line Dance - Centre 1	10:15 English Circle of Conversation - MK Room
11:30 Lunch Program - Kitchen	11:30 HOPE - Beg. Computer in Spanish	10:15 Stretch &Tone - Centre 2	11:00 Easy Spanish Class - MK Room	11:15 Balance & Stretch - Centre 2
12:30 Duplicate Bridge - YWALC Room	- See Staff for Room	11:30 Lunch Program - Kitchen	11:30 Latin Fitness in Spanish - YWALC Room	11:30 Soup Friday - Kitchen
12:00 AA Meeting - MK Room	11:30 Latin Fitness in Spanish	11:30 Strong Spine Fitness - Centre 2	12:00 Yoga - Centre 2	11:35 Beg. Clogging - Centre 1
1:00 Billiards - Games Room	- YWALC Room	12:15 Spanish Social Club - MK Room	12:00 Intermediate Line Dancing - Centre 1	12:00 AA Meeting - YWALC Room
1:30 Dancing for People with Parkinson's - Centre 2	11:30 Light Lunch - Kitchen	12:30 Drum Fitness - Centre 1	1:00 Cribbage - Games Room	1:00 Craft Club Social - MK Room
1:30 Bingo - Centre 1	12:00 Adv. Line Dancing - Centre 1	1:00 Bid Euchre - Centre 2	1:00 Low Stress Chair Fit - Centre 2	1:00 Shuffleboard - Centre 2
	12:00 Pilates - Centre 2	2:00 Beginner Line Dance - Centre 1	1:15 Adv. Tai Chi - YWALC Room	1:00 Social Bridge - Centre 1
	1:00 Karaoke for Fun - YWALC Room		2:15 Beg. Tai Chi - YWALC Room	1:30 Movie Afternoon - Various Rooms - see staff
	1:00 Beginners Bridge - Games Room			
	1:45 Mitzvah Technique - Centre 1			
	2:30 Low Impact Fitness - Centre 2			

Spring 2017