

Weekly Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Zumba - Centre 1 9:30 Stretch & Tone - Centre 2 10:30 Open Circuit Workout - Centre 1 10:30 Bone Builders - Centre 2 10:30 Nordic Pole Walking - (Italian) - Games Room/ Hallway 11:30 Logic Games - Games Room 11:30 Stretch & Tone - Centre 2 11:30 Lunch Program - Kitchen 12:00 AA Meeting - MK Room 12:30 Hand Dance - Games Room 1:00 Advanced Line Dancing - Centre 2 1:30 Bingo - Centre 1 2:00 Mindful Monday Adult Colouring - Games Room</p>	<p>9:00 HOPE - English for Beginners - MK Room 9:30 Fit for Life - Centre 1 & 2 10:00 Low Vision Craft Group - Games Room 10:45 Low Stress Chair Fit - Centre 1 & 2 10:45 Nordic Pole Walking - Hallway 11:30 Lunch Program - Kitchen 12:00 Mindul Movement Fusion - Centre 2 1:00 Drum Fitness - Standing Beginners - Centre 1 1:00 Beginners Bridge - MK Room</p>	<p>9:00 Beginner Tap Dance - Centre 1 9:30 Friendship Group - Games Room 9:15 Bone Builders - Centre 2 9:35 Advanced Tap Dance - Centre 1 10:00 Knit & Stitch - MK Room 10:00 Nordic Pole Walking - Hallway 10:15 Stretch & Tone - Centre 2 11:30 Pilates - Centre 2 11:30 Lunch Program - Kitchen 12:30 Drum Fitness - Seated - Centre 1 1:00 Bid Euchre - Centre 2 2:00 Beginner Line Dancing - Centre 1</p>	<p>8:00 Open Circuit Workout - Centre 1 & 2 9:00 HOPE - English for Beginners - MK Room 9:30 Low Impact Fitness - Centre 1 & 2 10:45 Chair Yoga - Games Room 10:45 Nordic Pole Walking - Hallway 11:00 Beginner Line Dancing - Centre 1 11:00 Easy Spanish Class - MK Room 11:30 Lunch Program - Kitchen 12:00 Yoga - Games Room 12:00 Intermediate Line Dancing - Centre 1 1:00 Cribbage - MK Room 1:15 Low Stress Chair Fit - Centre 2 1:45 Tai Chi - Centre 1</p>	<p>9:00 Zumba - High Intensity - Centre 1 & 2 9:30 Watercolour Painting - Games Room 10:00 Clogging - Centre 1 10:00 Get Up & Go Fitness - Centre 2 10:00 English Circle of Conversation - MK Room 11:30 Lunch program - Kitchen 11:45 Drum Fitness - Standing- Advanced - Centre 1 12:00 AA Meeting - MK Room 1:05 Craft Club Social - MK Room 1:00 Shuffleboard - Centre 2 1:00 Social Bridge - Games Room 1:30 Movie Afternoon - Welcome Room</p>
				SATURDAY
				<p>8:30 Open Circuit Workout - Centre 1 & 2 10:15 Strong Core Fitness - Games Room</p>
Spring 2019				