

Weekly Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Zoomba - Centre 1 & 2 9:30 It's Never too late (Italian Class) - YWALC Room 10:00 Bone Builders - Centre 1 & 2 10:30 Nordic Pole Walking - (Italian) - Games Room/ Hallway 11:00 Stretch & Tone - Centre 1 & 2 11:30 Lunch Program - Kitchen 12:00 AA Meeting - MK Room 12:30 Duplicate Bridge - YWALC Room 1:30 Dancing for People with Parkinson's - Centre 2 1:30 Bingo - Centre 1	9:00 HOPE - English for Beginners - YWALC Room 9:30 Fit for Life - Centre 1 & 2 10:30 Chair Zumba - Games Room 10:45 Nordic Pole Walking - Hallway 10:45 Low Stress Chair Fit - Centre 1 & 2 11:30 Light Lunch - Kitchen 12:00 Adv. Line Dancing - Centre 1 12:00 Pilates - Centre 2 1:00 Euchre - MK Room 1:00 Beginners Bridge - Games Room 1:30 Cook with Me - Kitchen	9:00 Beg. Happy Tappers - Centre 1 9:15 Bone Builders - Centre 2 9:30 Friendship Group - YWALC Room 9:35 Happy Tappers - Centre 1 10:00 Knit & Stitch - MK Room 10:00 Nordic Pole Walking - Hallway 10:15 Stretch & Tone - Centre 2 11:30 Strong Spine Fitness - Centre 2 11:30 Lunch Program - Kitchen 12:30 Drum Fitness - Centre 1 1:00 Bid Euchre - Centre 2 2:00 Beg. Line Dancing - Centre 1	9:00 HOPE - English for Beginners - YWALC Room 9:30 Low Impact Fitness - Centre 1 & 2 10:45 Chair Yoga - Centre 2 10:45 Nordic Pole Walking - Hallway 11:00 Beg Line Dance - Centre 1 11:00 Easy Spanish Class - YWALC Room 11:30 Light Lunch - Kitchen 12:00 Yoga - Centre 2 12:00 Intermediate Line Dancing - Centre 1 1:00 Cribbage - MK Room 1:00 Low Stress Chair Fit - Centre 2	9:00 Zoomba - Centre 1 & 2 10:00 Clogging - Centre 1 10:00 This is My Legacy Scrapbooking - Games Room 10:15 English Circle of Conversation - MK Room 11:15 Balance & Stretch - Centre 2 11:30 Soup Friday - Kitchen 12:00 AA Meeting - YWALC Room 1:00 Craft Club Social - MK Room 1:00 Social Bridge - Games Room 1:00 Shuffleboard - Centre 2 1:30 Movie Afternoon - Various Rooms
				Summer 2017