

Weekly Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Zumba - Centre 1 9:30 Italian Class - YWALC Room 9:30 Stretch & Tone - Centre 2 10:30 Bone Builders - Centre 2 10:30 Nordic Pole Walking - (Italian) - Games Room 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 - Games Room 1:30 Bingo - Centre 1	9:00 HOPE - English for Beginners - MK Room 9:30 Open Circuit Work Out - Centre 1 & 2 10:45 Nordic Pole Walking - Hallway 11:30 Lunch Program - Kitchen 12:00 Advanced Line Dancing - Centre 1 12:00 Gentle Combo Yoga - Centre 2 1:00 Plant Paint and Chat - Games Room/Hallway 1:00 Beginner Bridge - MK Room	9:00 Beginner Tap Dance - Centre 1 9:15 Bone Builders - Centre 2 9:30 Friendship Group - Games Room 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	9:00 HOPE - English for Beginners - MK Room 9:30 Low Impact Fitness - Centre 1 & 2 10:15 Fun and Easy Crafting with Paper - Games Room 10:45 Chair Yoga - Centre 2 10:45 Nordic Pole Walking - Hallway 11:00 Beg Line Dance - Centre 1 11:30 Lunch Program - Kitchen 12:00 Yoga - Centre 2 12:00 Intermediate Line Dancing - Centre 1 1:00 Cribbage - MK Room 1:15 Low Stress Chair Fit - Centre 2	9:00 Zumba - Centre 1 & 2 10:00 Clogging - Centre 1 10:00 Get Up and Go Fitness - Centre 2 10:00 English Circle of Conversation - MK Room 11:15 Strong Core - Better Balance Exercise - Centre 2 11:30 Lunch Program - Kitchen 11:45 Drum Fitness - Standing - Centre 1 12:00 AA Meeting - MK Room 1:05 Craft Club Social - MK Room 1:00 Social Bridge - Games Room 1:00 Shuffleboard - Centre 2 1:30 Movie Afternoon - Welcome Room

Summer 2018