

Weekly Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 It's Never to late (Italian Class) YWALC Room</p> <p>9:00 Zoomba Centre 1 & 2</p> <p>10:00 Bone Builders Centre 2</p> <p>10:00 Modern Square Dance - Centre 1</p> <p>10:30 Nordic Pole Walking (Italian) - Centre Hallway</p> <p>11:00 Stretch & Tone Centre 2</p> <p>11:30 Lunch Program Kitchen</p> <p>12:00 AA Meeting Maggie Knap Room</p> <p>12:30 Duplicate Bridge YWALC Room</p> <p>1:30 Dancing for People with Parkinson's Centre 2</p> <p>1:00 Billiards Games Room</p> <p>1:30 Bingo Centre 1</p>	<p>9:00 Centro Esperanza English for Beginners YWALC Room</p> <p>9:30 Fit for Life Centre 1 & 2</p> <p>10:00 Low Vision Craft Group Games Room</p> <p>10:30 Chair ZUMBA - Maggie Knap Room</p> <p>10:45 Low Stress Chair Fit Centre 1 & 2</p> <p>10:45 Nordic Pole Walking Centre Hallway</p> <p>11:30 Centro Esperanza Latin Fitness YWALC Room</p> <p>11:30 Light Lunch - Kitchen</p> <p>12:00 Advanced Line Dancing Centre 1</p> <p>12:00 Pilates - Centre 2</p> <p>12:00 Healthy Mind, Healthy Bodies Maggie Knap Room</p> <p>1:00 Karaoke for Fun YWALC Room</p> <p>1:00 Beginners Bridge Games Room</p>	<p>9:00 Beginners Happy Tappers Centre 1</p> <p>9:15 Bone Builders - Centre 2</p> <p>9:30 Friendship Group YWALC Room</p> <p>9:35 Happy Tappers - Centre 1</p> <p>10:00 Knit & Stitch Maggie Knap Room</p> <p>10:00 Nordic Pole Walking Centre Hallway</p> <p>10:15 Stretch & Tone - Centre 2</p> <p>11:30 Lunch Program Kitchen</p> <p>11:30 Strong Spine Fitness Centre 2</p> <p>1:00 Bid Euchre - Centre 2</p> <p>1:00 Darts - Games Room</p> <p>6:00 Intergenerational Line Dancing - Centre 1 & 2</p> <p style="text-align: center; margin-top: 20px;">Note: YWALC Room formerly known as Unit 14</p>	<p>9:00 Centro Esperanza - English for Beginners YWALC Room</p> <p>9:00 Healthy Mind, Healthy Bodies Maggie Knap Room</p> <p>9:30 Low Impact Fitness Centre 1 & 2</p> <p>10:45 Chair Yoga - Centre 2</p> <p>10:45 Nordic Pole Walking Centre Hallway</p> <p>11:00 Beginners Line Dance Centre 1</p> <p>11:00 Easy Spanish Class Maggie Knap Room</p> <p>11:30 Centro Esperanza Latin Fitness YWALC Room</p> <p>11:30 Centro Esperanza - Beginners Computer Computer Lab</p> <p>11:30 Light Lunch Kitchen</p> <p>12:00 Yoga - Centre 2</p> <p>12:00 Intermediate Line Dancing - Centre 1</p> <p>1:00 Cribbage Games Room</p> <p>1:15 Advanced Tai Chi Centre 2</p>	<p>9:00 Zoomba - Centre 1 & 2</p> <p>9:00 Nordic Pole Walking (Spanish) - Centre Hallway</p> <p>9:30 Watercolour Painting YWALC Room</p> <p>10:00 Clogging - Centre 1</p> <p>10:00 Get Up & Go Fitness Centre 2</p> <p>10:15 English Circle of Conversation Maggie Knap Room</p> <p>11:30 Soup Friday - Kitchen</p> <p>11:35 Beginners Clogging Centre 1</p> <p>12:00 AA Meeting YWALC Room</p> <p>1:00 Craft Club Social Maggie Knap Room</p> <p>1:00 Shuffleboard - Centre 2</p> <p>1:00 Social Bridge - Centre 1</p> <p>1:30 Movie Afternoon YWALC Room</p>
				SATURDAY
				<p>9:30 Open Circuit Workout Centre 1 & 2</p> <p>9:30 Beginners iPad/iPhone Maggie Knap Room</p> <p>12:30 Saturday Movie Check Calendar</p> <p>1:00 Bingo - Check calendar</p> <p>2:00 Moments to Remember Maggie Knap Room</p>
				Winter 2017