

# Weekly Schedule

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY                                       | FRIDAY   |
|--|--|--|--|--|
| 9:15 Seated Pedaling -<br>Beginners - Centre 1                 | 8:35 Body Boot Camp -<br>Adapted Centre 1 & 2        | 9:00 Stretch & Tone 1<br>- Centre 2                  | 9:00 HOPE - English for<br>Beginners - MK Room | 9:00 Zumba - High Intensity<br>- Centre 1 & 2          |
| 10:00 French Class - MK Room                                   | 9:00 HOPE - English for<br>Beginners - MK Room       | 9:30 Friendship Group<br>- Games Room (front)        | 9:30 Low Impact Fitness<br>- Centre 1 & 2      | 9:30 Watercolour Painting<br>- Games Room              |
| 10:00 Stretch & Tone<br>- Centre 2                             | 9:45 Fit for Life - Centre 1 & 2                     | 10:00 Tap Dance - All Levels<br>- Centre 1           | 10:45 Chair Yoga - Centre 2                    | 10:00 Clogging - All Levels<br>- Centre 1              |
| 10:00 Open Circuit Workout<br>- Centre 1                       | 10:00 Low Vision Craft Group<br>- Games Room         | 10:05 Bone Builders - Centre 2                       | 11:00 Line Dancing - Beginner<br>- Centre 1    | 10:00 Get Up & Go Fitness<br>- Centre 2                |
| 10:30 Nordic Pole Walking<br>(Italian) - Games<br>Room/Hallway | 10:50 Low Stress Chair Fit<br>Centre 1 & 2           | 10:00 Knit & Stitch<br>- Games Room (back)           | 11:00 Easy Spanish Class<br>- MK Room          | 11:15 Seated Pedaling -<br>Advanced - Centre 2         |
| 11:05 Bone Builders<br>- Centre 2                              | 11:30 Lunch Program - Kitchen                        | 10:30 Italian Conversation<br>Group - Welcome Room   | 11:30 Lunch Program - Kitchen                  | 11:30 Lunch program<br>- Kitchen                       |
| 11:30 Logic Games (in Italian)<br>- Games Room                 | 1:00 Beginners Bridge<br>- MK Room                   | 11:10 Stretch & Tone 2<br>- Centre 2                 | 12:00 Yoga - Games Room                        | 12:00 Drum Fitness - Standing<br>- Advanced - Centre 1 |
| 11:30 Lunch Program<br>- Kitchen                               | 1:00 Watercolour Painting<br>Techniques - Games Room | 11:30 Pilates - Centre 1                             | 12:05 Line Dancing - Improvers<br>- Centre 1   | 12:00 AA Meeting<br>- MK Room                          |
| 12:00 AA Meeting - MK Room                                     | 1:30 Body Boot Camp<br>- Centre 1 & 2                | 11:30 Lunch Program - Kitchen                        | 12:45 Low Stress Chair Fit<br>- Centre 2       | 12:00 AA Meeting<br>- MK Room                          |
| 12:30 Hand Dance<br>- Games Room                               | 1:30 TV Series Afternoon<br>- Welcome Room           | 12:30 Drum Fitness - Seated<br>- Centre 1            | 1:00 Cribbage - MK Room                        | 1:00 Shuffleboard - Centre 2                           |
| 1:15 Intermediate Line Dancing<br>- Centre 2                   |  | 1:00 Mural Workshop<br>- MK Room                     | 1:45 Tai Chi - Centre 1                        | 1:00 Social Bridge<br>- Games Room                     |
| 1:30 Bingo - Centre 1  |  | 1:00 Bid Euchre - Centre 2                           |  | 1:05 Craft Club Social<br>- MK Room                    |
| 2:00 Mindful Monday Adult<br>Colouring - Games Room            |  | 2:00 Line Dancing - Absolute<br>Beginners - Centre 1 |  | 1:30 Movie Afternoon<br>- Welcome Room                 |
|  |  |  |  | SATURDAY   |
|  |  |  |  | 8:30 Open Circuit Workout<br>- Centre 1 & 2            |
|  |  |  |  | <b>Winter 2020</b>                                     |