

We offer various levels of fitness/dance classes. Check the program description sheet for details.

| PROGRAM | INSTRUCTOR | DATE | TIME | COST | ROOM |
|---|----------------|-----------------|------------------|--------------------|--------------|
| MONDAYS 14 weeks Centre is closed October 14 | | | | | |
| Zoomba | Kharen | Sep 9 - Dec 16 | 9:00 - 9:45 am | \$52.50 | Centre 1 & 2 |
| Stretch and Tone - time change | Jenni | Sep 9 - Dec 16 | 10:00- 11:00 am | \$52.50 | Centre 2 |
| Open Circuit Workout | Corinne | Sep 9 - Dec 16 | 10:30 - 12:00 pm | Drop in fee \$1.00 | Centre 1 |
| Bone Builders - time change | Jenni | Sep 9 - Dec 16 | 11:05 - 12:05 am | \$52.50 | Centre 2 |
| Hand Dance | Karen | Sep 9 - Dec 16 | 12:30 - 1:00 pm | \$26.25 | Games Room |
| Line Dancing - Intermediate | Karen | Sep 9 - Dec 16 | 1:15 - 2:45pm | \$78.75 | Centre 2 |
| TUESDAYS 15 weeks | | | | | |
| Fit for Life | Corinne | Sep 10 - Dec 17 | 9:45 - 10:45 am | \$56.25 | Centre 1 & 2 |
| Low Stress Chair Fit | Corinne | Sep 10 - Dec 17 | 10:50 - 11:50 am | \$56.25 | Centre 1 & 2 |
| Education & Exercise Workshop Series 2: Foundation for Mindful Back Care (3 Weeks) - NEW | Susan D. | Sep 10 - Sep 24 | 11:00 - 12:20 pm | \$15.00 | MK Room |
| Watercolour Painting Techniques - NEW | Susan M. | Sep 10 - Dec 17 | 1:30 - 3:30 pm | \$112.50 | Games Room |
| WEDNESDAYS 14 weeks No Programs December 4 | | | | | |
| Tap Dance - Beginner | Kharen | Sep 11 - Dec 18 | 9:00 - 9:30 am | \$26.25 | Centre 1 |
| Stretch and Tone 1 | Lucy | Sep 11 - Dec 18 | 9:00 - 10:00 am | \$52.50 | Centre 2 |
| Tap Dance - Advanced | Kharen | Sep 11 - Dec 18 | 9:35 - 11:05 am | \$78.75 | Centre 1 |
| Bone Builders | Lucy | Sep 11 - Dec 18 | 10:05 - 11:05 am | \$52.50 | Centre 2 |
| Stretch and Tone 2 - time change | Lucy | Sep 11 - Dec 18 | 11:10 - 12:10 pm | \$52.50 | Centre 2 |
| Pilates | Corinne | Sep 11 - Dec 18 | 11:30 - 12:15 pm | \$52.50 | Centre 1 |
| Drum Fitness - Seated | Karen | Sep 11 - Dec 18 | 12:30 - 1:30 pm | \$52.50 | Centre 1 |
| Line Dancing - Absolute Beginners | Karen | Sep 11 - Dec 18 | 2:00 - 3:00 pm | \$52.50 | Centre 1 |
| THURSDAYS 15 weeks | | | | | |
| Open Circuit Workout | Karen/Julie | Sep 12 - Dec 19 | 8:00 - 9:00 am | Drop in fee \$1.00 | Centre 1 & 2 |
| Low Impact Fitness | Karen/Julie | Sep 12 - Dec 19 | 9:30 - 10:30 am | \$56.25 | Centre 1 & 2 |
| Chair Yoga | Abhi | Sep 12 - Dec 19 | 10:45 - 11:45 am | \$56.25 | Games Room |
| Line Dancing - Beginners | Karen | Sep 12 - Dec 19 | 11:00 - 12:00 pm | \$56.25 | Centre 1 |
| Yoga | Abhi | Sep 12 - Dec 19 | 12:00 - 1:00 pm | \$56.25 | Games Room |
| Line Dancing - Improvers | Karen | Sep 12 - Dec 19 | 12:00 - 1:30 pm | \$85.00 | Centre 1 |
| Low Stress Chair Fit | Julie | Sep 12 - Dec 19 | 1:15 - 2:15 pm | \$56.25 | Centre 2 |
| Tai Chi | Marilyn | Sep 12 - Dec 19 | 1:45 - 2:45 pm | \$56.25 | Centre 1 |
| FRIDAYS 15 weeks | | | | | |
| Zoomba - High Intensity | Kharen | Sep 13 - Dec 20 | 9:00 - 9:45 am | \$56.25 | Centre 1 & 2 |
| Watercolour Painting - NEW (14 weeks - no class Oct 4) | Susan M. | Sep 13 - Dec 20 | 9:30 - 11:30 am | \$105.00 | Games Room |
| Get up and Go Fitness | Kharen | Sep 13 - Dec 20 | 10:00 - 11:00 am | \$56.25 | Centre 2 |
| Clogging - all levels welcome (14 weeks - no class Oct 4) | Shirley | Sep 13 - Dec 20 | 10:00 - 11:30 am | \$78.75 | Centre 1 |
| Drum Fitness - Standing | Karen | Sep 13 - Dec 20 | 12:00 - 1:00 pm | \$56.25 | Centre 1 |
| SATURDAYS 17 weeks | | | | | |
| Open Circuit Workout | Susan D./Karen | Sep 7 - Dec 28 | 8:30 - 10:00 am | Drop in fee \$1.00 | Centre 1 & 2 |

Instructional programs are proudly supported by



| PROGRAM | DATE | TIME | ROOM |
|--|---------------------------------|------------------|---|
| MONDAYS 16 weeks Centre closed October 8 | | | |
| French Class - NEW | Sep 30 - Dec 30 | 10:00 - 11:00 am | MK Room |
| Nordic Pole Walking (Italian) | Sep 9 - Dec 30 | 10:30 - 11:30 am | Games Room |
| Logic Games (in Italian) | Sep 9 - Dec 30 | 11:30 - 12:15 pm | Games Room |
| Lunch Program | Sep 9 - Dec 30 | 11:30 - 1:00 pm | Kitchen |
| AA Meeting | every Mon. except stat holidays | 12:00 - 1:00 pm | MK Room |
| Bingo | Sep 9 - Dec 30 | 1:30 - 3:30 pm | Centre 1 |
| Mindful Monday Adult Colouring | Sep 9 - Dec 30 | 2:00 - 3:30 pm | Games Room |
| TUESDAYS 16 weeks | | | |
| HOPE - English for Beginners (taught in Spanish) | Sep 3 - Dec 17 | 9:00 - 10:30 am | MK Room |
| Low Vision Craft Group | Sep 3 - Dec 17 | 10:00 - 12:00 pm | Games Room |
| Lunch Program | Sep 3 - Dec 17 | 11:30 - 1:00 pm | Kitchen |
| Low Vision Support Group (first Tuesday of each month) | Sep 3 - Dec 17 | 1:00 - 3:00 pm | Centre 2 |
| Beginners Bridge | Sep 3 - Dec 17 | 1:00 - 3:30 pm | MK Room |
| TV Series Afternoon - NEW | Sep 3 - Dec 17 | 1:30 - 3:30 pm | Welcome Room |
| WEDNESDAYS 15 weeks No Programs December 4 | | | |
| Friendship Group | Sep 4 - Dec 18 | 9:30 - 2:00 pm | Games Room (front) |
| Knit and Stitch | Sep 4 - Dec 18 | 10:00 - 12:00 pm | Games Room (back) |
| Italian Conversation Group | Sep 4 - Dec 18 | 10:30 - 12:00 pm | MK Room |
| Lunch Program | Sep 4 - Dec 18 | 11:30 - 1:00 pm | Kitchen |
| Bid Euchre | Sep 4 - Dec 18 | 1:00 - 3:30 pm | Centre 2 |
| THURSDAYS 15 weeks No Programs September 5 | | | |
| HOPE English for Beginners (taught in Spanish) | Sep 12 - Dec 19 | 9:00 - 10:30 am | MK Room |
| Easy Spanish Class | Sep 12 - Dec 19 | 11:00 - 12:30 pm | MK Room |
| Lunch Program | Sep 12 - Dec 19 | 11:30 - 1:00 pm | Kitchen |
| Cribbage | Sep 12 - Dec 19 | 1:00 - 3:00 pm | MK Room |
| FRIDAYS 17 weeks | | | |
| English Circle Conversation | Sep 6 - Dec 27 | 10:00 - 11:30 am | MK Room |
| Lunch Program | Sep 6 - Dec 27 | 11:30 - 1:00 pm | Kitchen |
| AA Meeting | Sep 6 - Dec 27 | 12:00 - 1:00 pm | MK Room |
| Craft Club Social | Sep 6 - Dec 27 | 1:05 - 3:30 pm | MK Room |
| Shuffleboard | Sep 6 - Dec 27 | 1:00 - 3:30 pm | Centre 2 |
| Social Bridge | Sep 6 - Dec 27 | 1:00 - 3:30 pm | Games Room |
| Movie Afternoon - NEW | Sep 6 - Dec 27 | 1:30 - 3:30 pm | Welcome Room |
| SATURDAYS | | | |
| Book Club at the Weston Library (Last Saturday of the Month) | Sep 28 - Dec 21 | 9:30 - 11:00 am | The Weston Library (2 King St. children's department) |

Note: For all drop-in social programs, a suggested donation of \$1.00 (unless otherwise specified) would be appreciated to help with the upkeep costs of the programs.