

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

PROGRAM	INSTRUCTOR	DATE	TIME	COST	ROOM
MONDAYS					
11 weeks - Centre closed Feb. 20					
Zoomba	Kharen	Jan 2 - Mar 20	9:00 - 9:45 am	\$33.00	Centre 1 & 2
Bone Builders	Ella	Jan 2 - Mar 20	10:00 - 11:00 am	\$33.00	Centre 2
Modern Square Dance	George	Jan 2 - Mar 20	10:00 - 12:00 pm	\$66.00	Centre 1
Nordic Pole Walking (Italian)	Various	Jan 2 - Mar 27	10:30 - 11:30 am	Free	Hallway
Stretch & Tone	Ella	Jan 2 - Mar 20	11:00 - 12:00 pm	\$33.00	Centre 2
Dancing for People with Parkinson's	Karen	Jan 2 - Mar 20	1:30 - 2:30 pm	\$33.00	Centre 2
TUESDAYS					
11 weeks - No Programs March 14					
Fit for Life	Corinne	Jan 3 - Mar 21	9:30 - 10:30 am	\$33.00	Centre 1 & 2
Chair ZUMBA	Lizzeth	Jan 3 - Mar 21	10:30 - 11:30 am	\$33.00	MK room
Low Stress - Chair Fit	Corinne	Jan 3 - Mar 21	10:45 - 11:45 am	\$33.00	Centre 1 & 2
Nordic Pole Walking	Various	Jan 3 - Mar 28	10:45 - 11:45 am	Free	Meet in the hallway
Pilates	Corinne	Jan 3 - Mar 21	12:00 - 12:45 pm	\$33.00	Centre 2
Advanced Line Dancing	Karen	Jan 3 - Mar 21	12:00 - 1:30 pm	\$49.50	Centre 1
Healthy Mind, Healthy Bodies	Deborah	Jan 3 - Mar 21	12:00 - 1:30 pm	\$16.50	MK Room
WEDNESDAYS					
12 weeks					
Beginner Happy Tappers	Kharen	Jan 4 - Mar 22	9:00 - 9:30 am	\$18.00	Centre 1
Bone Builders	Sylvia	Jan 4 - Mar 22	9:15 - 10:15 am	\$36.00	Centre 2
Happy Tappers	Kharen	Jan 4 - Mar 22	9:35 - 11:05 am	\$54.00	Centre 1
Nordic Pole Walking	Various	Jan 4 - Mar 29	10:00 - 11:00 am	Free	Meet in the hallway
Stretch & Tone	Sylvia	Jan 4 - Mar 22	10:15 - 11:15 am	\$36.00	Centre 2
Strong Spine Fitness	Kharen	Jan 4 - Mar 22	11:30 - 12:30 pm	\$36.00	Centre 2
Intergenerational Line Dancing	Karen	Jan 4 - Mar 22	6:00 - 7:30 pm	Free	Centre 1 & 2
THURSDAYS					
12 weeks					
Healthy Mind, Healthy Bodies	Deborah	Jan 5 - Mar 23	9:00 - 10:30 am	\$18.00	MK Room
Low Impact Fitness	Julie	Jan 5 - Mar 23	9:30 - 10:30 am	\$36.00	Centre 1 & 2
Chair Yoga	Deborah	Jan 5 - Mar 23	10:45 - 11:45 am	\$36.00	Centre 2
Nordic Pole Walking	Various	Jan 5 - Mar 30	10:45 - 11:45 am	Free	Meet in the hallway
Beginner Line Dancing	Karen	Jan 5 - Mar 23	11:00 - 12:00 pm	\$36.00	Centre 1
Centro Esperanza - Beginner Computer Class taught in Spanish	Elisabeth	Jan 5 - Mar 23	11:30 - 1:00 pm	\$54.00	Computer Lab
Yoga	Deborah	Jan 5 - Mar 23	12:00 - 1:00 pm	\$36.00	Centre 2
Intermediate Line Dancing	Karen	Jan 5 - Mar 23	12:00 - 1:30 pm	\$54.00	Centre 1
Advanced Tai Chi	Marilyn	Jan 5 - Mar 23	1:15 - 2:15 pm	\$36.00	Centre 2
FRIDAYS					
11 weeks - No Programs January 20					
Zoomba	Kharen	Jan 6 - Mar 24	9:00 - 9:45 am	\$33.00	Centre 1 & 2
Nordic Pole Walking (Spanish)	Various	Jan 6 - Mar 31	9:00 - 10:00 am	Free	Meet in the hallway
Watercolour Painting (12 weeks including January 20)	Robert	Jan 6 - Mar 24	9:30 - 11:30 am	\$72.00	YWALC Room
Get up and Go Fitness	Kharen	Jan 6 - Mar 24	10:00 - 11:00 am	\$33.00	Centre 2
Clogging	Shirley	Jan 6 - Mar 24	10:00 - 11:30 am	\$49.50	Centre 1
Memory Technique Workshop (6 weeks)	Patricia	Feb 10 - Mar 17	11:00 - 12:00 pm	\$18.00	Games Room
Beg. Clogging	Shirley	Jan 6 - Mar 24	11:35 - 12:05 pm	\$16.50	Centre 1
SATURDAYS					
12 weeks - No Programs February 18					
Open Circuit Workout (12 weeks)		Jan 7 - Mar 25	9:30 - 11:30 am	\$3 per/class	Centre 1 & 2
Beginner iPad/iPhone Workshop (4 weeks)	Cathy-Ann	Feb 25 - Mar 18	9:30 - 11:00 am	\$20.00	MK Room
Computer I - Basics, Internet, Email (handouts included) (4 weeks)	Cathy-Ann	Feb 25 - Mar 18	11:15 - 12:45 pm	\$20.00	Computer Lab
Computer II - Builds on Computer basics 1 (4 weeks)	Cathy-Ann	Feb 25 - Mar 18	1:00 - 2:30 pm	\$20.00	Computer Lab

Note: YWALC Room
formerly known as Unit 14

PROGRAM	DATE	TIME	ROOM
MONDAYS			
12 weeks - Centre closed Feb. 20			
It's Never too late (Italian Class)	Jan 2 - Mar 27	9:00 - 10:30 am	YWALC Room
Lunch Program	Jan 2 - Mar 27	11:30 - 1:00 pm	Kitchen
AA Meeting	every Mon. except stat holidays	12:00 - 1:00 pm	MK Room
Duplicate Bridge	Jan 2 - Mar 27	12:30 - 3:30 pm	YWALC Room
Billiards	Jan 2 - Mar 27	1:00 - 3:30 pm	Games Room
Bingo	Jan 2 - Mar 27	1:30 - 3:30 pm	Centre 1
TUESDAYS			
13 weeks - No Programs March 14			
HOPE - English Class Beginners taught in Spanish	Jan 3 - Mar 28	9:00 - 10:30 am	YWALC Room
Waist Watchers (second & fourth Tues of the month)	Jan 10 - Mar 28	9:30 - 10:30 am	Hallway
Low Vision Craft Group	Jan 3 - Mar 28	10:00 - 12:00 pm	Games Room
Latin Fitness	Jan 3 - Mar 28	11:30 - 12:30 pm	YWALC Room
Light Lunch	Jan 3 - Mar 28	11:30 - 1:00 pm	Kitchen
Karaoke for Fun	Jan 3 - Mar 28	1:00 - 2:30 pm	YWALC Room
Beginners Bridge	Jan 3 - Mar 28	1:00 - 3:30 pm	Games Room
WEDNESDAYS			
13 weeks			
Friendship Group	Jan 4 - Mar 29	9:30 - 2:00 pm	YWALC Room
Knit & Stitch	Jan 4 - Mar 29	10:00 - 12:00 pm	MK Room
Conversation in Italian Workshop (last Wednesday of the Month)	Jan 25 - Mar 29	10:30 - 12:00 pm	Games Room
Lunch Program	Jan 4 - Mar 29	11:30 - 1:00 pm	Kitchen
Spanish Social Club (Spanish Group) (third Wed. of each month)	Jan 18 - Mar 29	12:15 - 2:15 pm	MK Room
Darts	Jan 4 - Mar 29	1:00 - 3:00 pm	Games Room
Bid Euchre	Jan 4 - Mar 29	1:00 - 3:30 pm	Centre 2
THURSDAYS			
13 weeks			
HOPE English Beg. taught in Spanish	Jan 5 - Mar 30	9:00 - 10:30 am	YWALC Room
Easy Spanish Class	Jan 5 - Mar 30	11:00 - 12:30 pm	MK Room
Latin Fitness	Jan 5 - Mar 30	11:30 - 12:30 pm	YWALC Room
Light Lunch	Jan 5 - Mar 30	11:30 - 1:00 pm	Kitchen
Cribbage	Jan 5 - Mar 30	1:00 - 3:00 pm	Games Room
FRIDAYS			
13 weeks			
English Circle Conversation	Jan 6 - Mar 31	10:15 - 12:00 pm	MK Room
Soup Friday	Jan 6 - Mar 31	11:30 - 1:00 pm	Kitchen
AA Meeting	every Fri. except stat holidays	12:00 - 1:00 pm	YWALC Room
Craft Club Social	Jan 6 - Mar 31	1:00 - 3:30 pm	MK Room
Shuffleboard (no program on January 20)	Jan 6 - Mar 31	1:00 - 3:30 pm	Centre 2
Social Bridge	Jan 6 - Mar 31	1:00 - 3:30 pm	Centre 1
Movie Afternoon	Jan 6 - Mar 31	1:30 - 3:30 pm	YWALC Room
SATURDAYS			
11 weeks Feb 18 Centre closed			
Book Club at the Weston Library (Last Saturday of the Month)	Jan 28 - Mar 25	9:30 - 11:00 am	The Weston Library (2 King St. children's department)
Light Lunch	Jan 7 - Mar 25	11:30 - 1:00 pm	Kitchen
Saturday Movie	Various Saturdays Check our monthly calendar for dates	12:30 - 2:30 pm	Games Room
Bingo	Various Saturdays Check our monthly calendar for dates	1:00 - 3:00 pm	Centre 1
Moments to Remember	Jan 7 - Mar 25	2:00 - 3:00 pm	MK Room