










Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>WNC Seniors Program is funded in part by Province of Ontario - Ministry of Seniors Affairs, Seniors Active Living Centres</p>	<p>“When the whole world is silent, even one voice becomes powerful.” Malala Yousafza</p>	<p>Health Promotion Days Heart Month Black History Month Psychology Month Eating Disorder Awareness - 1-7 White Cane Week— 4-11 World Cancer Day – 4 Pink Shirt Day – 28 Rare Disease Day – 28</p> 	<p>1 10:30-12:00: (FREE) Computer Classes 11:00-12:00:(\$) Funky Fitness 1:30-4:30:(FREE) Older Adults Games 6:00-7:00:(\$) Spanglish Lesson Club 7:00-8:45:(FREE) Knitting & Crochet Group</p>	<p>2 10:30-12:00: (FREE) Computer Classes 10:00-11:00:(\$) Gentle Yoga 11:00-1:00:(FREE) Studio 60 (International Women’s Day Art) 12:00-1:00:(\$) ESL Beginner 1:30-2:30:(\$) ESL Intermediate 1:30-3:30:(FREE) Horticultural Therapy Club</p>	<p>3</p>
4	<p>5 11:00-12:00:(\$) Qigong 18 10:30-12:30:(FREE) Horticultural Therapy Club (at 679 QQ) 2:15-4:15: (FREE) Afternoon Tea Social (Heart Month Documentary) 4:15-5:15: (\$) Gentle Fitness</p>	<p>6 9:45-10:45:(\$) Gentle Yoga 2:00-4:00:(FREE) Euchre and Bridge Games 5:00-6:00:(FREE) Women’s Circle</p> 	<p>7 9:45-10:45:(\$2) Ping Pong & Pool 11:00-12:00: (\$) Tai Chi 4:15-5:15: (\$) Gentle Fitness</p>	<p>8 10:30-12:00: (FREE) Computer Classes 11:00-12:00:(\$) Funky Fitness 12:00-1:00:(FREE) Elders Advisory Meeting 1:30-4:30:(FREE) Older Adults Games 6:00-7:00:(\$) Spanglish Lesson Club 7:00-8:45:(FREE) Knitting & Crochet Group</p>	<p>9 10:30-12:00: (FREE) Computer Classes 10:00-11:00:(\$) Gentle Yoga 11:00-1:00:(FREE) Studio 60 (International Women’s Day Art) 12:00-1:00:(\$) ESL Beginner 1:30-2:30:(\$) ESL Intermediate 1:30-3:30:(FREE) Horticultural Therapy Club</p>	<p>10</p> 
11	<p>12 11:00-12:00:(\$) Qigong 18 10:30-12:30:(FREE) Horticultural Therapy Club (at 679 QQ) 2:15-4:15: (FREE) Afternoon Tea Social (Chinese New Year Celebration) 4:15-5:15: (\$) Gentle Fitness</p> 	<p>13 9:45-10:45:(\$) Gentle Yoga 2:00-4:00:(FREE) Euchre and Bridge Games 5:30-7:30:(FREE) Community Kitchen</p>	<p>14 Happy Valentine’s Day 9:45-10:45:(\$2) Ping Pong & Pool 11:00-12:00: (\$) Tai Chi 4:15-5:15: (\$) Gentle Fitness</p> 	<p>15 10:30-12:00: (FREE) Computer Classes 11:00-12:00:(\$) Funky Fitness 1:30-4:30:(FREE) Older Adults Games 6:00-7:00:(\$) Spanglish Lesson Club 7:00-8:45:(FREE) Knitting & Crochet Group</p>	<p>16 10:30-12:00: (FREE) Computer Classes 10:00-11:00:(\$) Gentle Yoga 11:00-1:00:(FREE) Studio 60 (International Women’s Day Art) 12:00-1:00:(\$) ESL Beginner 1:30-2:30:(\$) ESL Intermediate 1:30-3:30:(FREE) Horticultural Therapy Club</p>	<p>17</p>
18	<p>19 Family Day—WNC Closed</p> 	<p>20 9:45-10:45:(\$) Gentle Yoga 1:00-3:00:(FREE) Euchre and Bridge Games 3:00-4:00:(FREE) CAMH (Late-Life Depression) 5:00-6:00:(FREE) Women’s Circle</p>	<p>21 9:45-10:45:(\$2) Ping Pong & Pool 11:00-12:00: (\$) Tai Chi 4:15-5:15: (\$) Gentle Fitness</p>	<p>22 10:30-12:00: (FREE) Computer Classes 11:00-12:00:(\$) Funky Fitness 1:30-4:30:(FREE) Older Adults Games 6:00-7:00:(\$) Spanglish Lesson Club 7:00-8:45:(FREE) Knitting & Crochet Group</p>	<p>23 10:30-12:00: (FREE) Computer Classes 10:00-11:00:(\$) Gentle Yoga 11:00-1:00:(FREE) Studio 60 12:00-1:00:(FREE) Potluck + Birthdays 12:00-1:00:(\$) ESL Beginner 1:30-2:30:(\$) ESL Intermediate 1:30-3:30:(FREE) Horticultural Therapy Club</p>	<p>24</p> 
25	<p>26 11:00-12:00:(\$) Qigong 18 10:30-12:30:(FREE) Horticultural Therapy Club (at 679 QQ) 2:15-4:15: (FREE) Afternoon Tea Social (BINGO) 4:15-5:15: (\$) Gentle Fitness</p>	<p>27 9:45-10:45:(\$) Gentle Yoga 2:00-4:00:(FREE) Euchre and Bridge Games 5:30-7:30:(FREE) Community Kitchen</p>	<p>28 9:45-10:45:(\$2) Ping Pong & Pool 11:00-12:00: (\$) Tai Chi 4:15-5:15: (\$) Gentle Fitness</p> 	<p>We provide Information, support and referrals. By appointment only!</p> 	<p>Neighbour 2 Neighbour 2.0 Keeping seniors connected. For more info contact Julie and Jennifer at: N2N2.0@waterfrontnc.ca</p>	