








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>We provide Information, support and referrals. By appointment only!</p> 	<p>Health Promotion Days Nutrition Month World Lymphedema Day—6th International Women’s Day—8th World Glaucoma Week—11-17th Brain Awareness Week—12-18th World Water Day—22nd World Tuberculosis Day—24th Purple Day—26th</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)</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 (Dancing and Karaoke) 4:15-5:15: (\$) Gentle Fitness</p> 	<p>6 9:45-10:45:(\$) Gentle Yoga 12:00-1:00:(\$) Fusion Gold 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 1:00-4:00:(FREE) Virtual Reality Experience for Seniors 4:15-5:15: (\$) Gentle Fitness</p> 	<p>8 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>9 <u>International Women’s Day 230-430pm</u> 10:00-11:00:(\$) Gentle Yoga 2:30-4:30: International Women’s Day Celebration– RSVP & \$5 tickets</p> 	<p>10</p>
11	12	13	14	15	16	17
<p>Winter Programs end Friday March 9th and Spring Registration start Monday March 12—17th. Spring Programs start Monday March 19th.</p>						
18	<p>19 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 (Documentary) 4:15-5:15: (\$) Gentle Fitness</p> 	<p>20 9:45-10:45:(\$) Gentle Yoga 12:00-1:00:(\$) Fusion Gold 1:00-3:00:(FREE) Euchre and Bridge Games 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 1:00-4:00:(FREE) Virtual Reality Experience for Seniors 4:15-5:15: (\$) Gentle Fitness</p> 	<p>22 10:30-12:00: (FREE) Computer Classes 11:00-12:00:(\$) Funky Fitness <i>12:00-1:00:(FREE) Elders Advisory Meeting</i> 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 (Easter Craft) 12:00-1:00:(FREE) Potluck + Birthdays 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 12:00-1:00:(\$) Fusion Gold 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 1:00-4:00:(FREE) Virtual Reality Experience for Seniors 4:15-5:15: (\$) Gentle Fitness</p>	<p>29 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>30 <u>WNC is Closed</u></p> 	<p>31</p>