







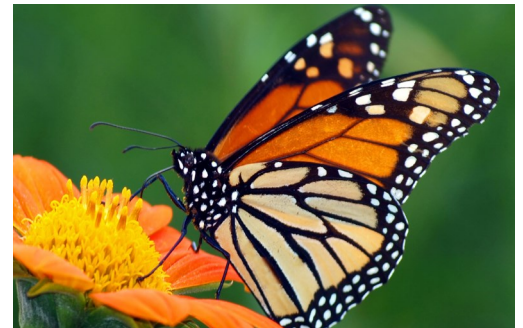




| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----|--|---|--|---|--|---|
| 1 | <p>2 <u>WNC Closed</u></p>  | <p>3 9:45-10:45:(\$) Gentle Yoga 12:00-1:00:(\$) Fusion Gold 2:00-4:00:(FREE) Euchre and Bridge Games 5:00-6:00:(FREE) Women's Circle</p> | <p>4 9:45-10:45:(\$2) Ping Pong & Pool 11:00-12:00:(\$) Tai Chi 4:15-5:15: (\$) Gentle Fitness</p> | <p>5 10:30-12:00:(FREE) Computer Classes 11:00-12:00:(\$) Funky Fitness 12:00-1:00:(FREE) Virtual Reality Experience 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>6 10:00-11:00:(\$) Gentle Yoga 11:00-1:00:(FREE) Studio 60 (Nutrition Poster Craft)</p> | <p>7</p>  |
| 8 | <p>9 11:00-12:00:(\$) Qigong 18 2:15-4:15: (FREE) Afternoon Tea Social (MOVED to 25 Bishop Tutu– Spring Activity) 4:15-5:15: (\$) Gentle Fitness</p> | <p>10 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>11 9:45-10:45:(\$2) Ping Pong & Pool 11:00-12:00:(\$) Tai Chi 4:15-5:15: (\$) Gentle Fitness</p> | <p>12 10:30-12:00:(FREE) Computer Classes 11:00-12:00:(\$) Funky Fitness 12:00-1:00:(FREE) Elders Advisory Meeting 12:00-1:00:(FREE) Virtual Reality Experience 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>13 10:00-11:00:(\$) Gentle Yoga 11:00-1:00:(FREE) Studio 60 (Earth Day Banner) 12:00-1:00:(\$) ESL Beginner Class 1:30-2:30:(\$) ESL Intermediate Class</p> | <p>14</p> |
| 15 | <p>16 11:00-12:00:(\$) Qigong 18 2:15-4:15: (FREE) Afternoon Tea Social (Autism Awareness) 4:15-5:15: (\$) Gentle Fitness</p>  | <p>17 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>18 9:45-10:45:(\$2) Ping Pong & Pool 11:00-12:00:(\$) Tai Chi 2:00-4:00:(FREE) Financial Management 4:15-5:15: (\$) Gentle Fitness</p>  | <p>19 10:30-12:00:(FREE) Computer Classes 11:00-12:00:(\$) Funky Fitness 12:00-1:00:(FREE) Virtual Reality Experience 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>20 10:00-11:00:(\$) Gentle Yoga 11:00-1:00:(FREE) Studio 60 (Earth Day Banner) 12:00-1:00:(\$) ESL Beginner Class 1:30-2:30:(\$) ESL Intermediate Class</p> | <p>21</p>  |
| 22 | <p>23 11:00-12:00:(\$) Qigong 18 2:15-4:15: (FREE) Afternoon Tea Social (Karaoke & Dancing) 4:15-5:15: (\$) Gentle Fitness</p>  | <p>24 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>25 9:45-10:45:(\$2) Ping Pong & Pool 11:00-12:00:(\$) Tai Chi 4:15-5:15: (\$) Gentle Fitness</p> | <p>26 10:30-12:00:(FREE) Computer Classes 11:00-12:00:(\$) Funky Fitness 12:00-1:00:(FREE) Virtual Reality Experience 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>27 10:00-11:00:(\$) Gentle Yoga 11:00-1:00:(FREE) Studio 60 (Colouring Pages) 12:00-1:00:(FREE) Potluck + Birthdays 12:00-1:00:(\$) ESL Beginner Class 1:30-2:30:(\$) ESL Intermediate Class</p> | <p>28</p> |
| 29 | <p>30 11:00-12:00:(\$) Qigong 18 2:15-4:15: (FREE) Afternoon Tea Social (BINGO) 4:15-5:15: (\$) Gentle Fitness</p> | <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 Be a Donor Month World Autism Awareness Day– 12th World Health Day—7th National Dental Hygienists Week– 7-13 World Hemophilia Day– 17th National Day of Morning– 28th</p> |  |