


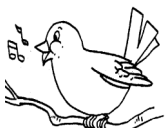













Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 WNC Seniors Program is funded in part by Province of Ontario - Ministry of Seniors Affairs, Seniors Active Living Centres		1 9:45-10:45:(\$) Gentle Yoga 12:00-1:00:(\$) Fusion Gold 2:00-4:00:(FREE) Euchre and Bridge Games 5:00-6:00:(FREE) Women's Circle	2 11:00-12:00:(\$) Tai Chi 4:15-5:15: (\$) Gentle Fitness 	3 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 4:30-5:00:(FREE) <i>Community Garden Info and Orientation Session</i> 6:00-7:00:(\$) Spanglish Lesson Club 	4 10:00-11:00:(\$) Gentle Yoga 11:00-1:00:(FREE) Studio 60 (Mother Day Craft Part 1) 12:00-1:00:(\$) ESL Beginner Class 1:30-2:30:(\$) ESL Intermediate Class	
6	7 11:00-12:00:(\$) Qigong 18 2:15-4:15: (FREE) Afternoon Tea Social (Trivia Game) 4:15-5:15: (\$) Gentle Fitness	8 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	9 11:00-12:00:(\$) Tai Chi NEW! 3:00-4:00: (FREE) Healing Harmonies of Dance and Movement 4:15-5:15: (\$) Gentle Fitness 	10 10:30-12:00:(FREE) Computer Classes 11:00-12:00:(\$) Funky Fitness 12:00-1:00:(FREE) <i>Elders Advisory Meeting</i> 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	11 10:00-11:00:(\$) Gentle Yoga 11:00-1:00:(FREE) Studio 60 (Mother Day Craft Part 2) 12:00-1:00:(\$) ESL Beginner Class NEW! 1:00-3:00:(FREE) Healing Harmonies of Song and Music 1:30-2:30:(\$) ESL Intermediate Class 	12
	14 11:00-12:00:(\$) Qigong 18 2:15-4:15: (FREE) Afternoon Tea Social (Mother's Day Film) 4:15-5:15: (\$) Gentle Fitness	15 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	16 11:00-12:00:(\$) Tai Chi 3:00-4:00: (FREE) NEW! 3:00-4:00: (FREE) Healing Harmonies of Dance and Movement 4:15-5:15: (\$) Gentle Fitness 	17 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	18 10:00-11:00:(\$) Gentle Yoga 11:00-1:00:(FREE) Studio 60 (Seniors Day Sign) 12:00-1:00:(\$) ESL Beginner Class NEW! 1:00-3:00:(FREE) Healing Harmonies of Song and Music 1:30-2:30:(\$) ESL Intermediate Class 	
20	21 Victoria Day—WNC Closed 	22 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	23 11:00-12:00:(\$) Tai Chi NEW! 3:00-4:00: (FREE) Healing Harmonies of Dance and Movement 4:15-5:15: (\$) Gentle Fitness 	24 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	25 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 NEW! 1:00-3:00:(FREE) Healing Harmonies of Song and Music 1:30-2:30:(\$) ESL Intermediate Class 	26
	28 11:00-12:00:(\$) Qigong 18 2:15-4:15: (FREE) Afternoon Tea Social (BINGO) 4:15-5:15: (\$) Gentle Fitness	29 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	30 11:00-12:00:(\$) Tai Chi NEW! 3:00-4:00: (FREE) Healing Harmonies of Dance and Movement 4:15-5:15: (\$) Gentle Fitness 	31 10:30-12:00:(FREE) Computer Classes 11:00-12:00:(\$) Funky Fitness 12:00-1:00:(FREE) Virtual Reality Experience 11:00-7:00 (FREE) Voters Education 7:00-8:45:(FREE) Knitting & Crochet Group	Health Promotion Days Bladder Cancer Awareness Month Brain Tumour Awareness Month Speech and Hearing Month Mental Health Week— 7-13th World Lupus Day— 10th International Nurses Day —12 World No Tobacco Day—31th	