















Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<p><b>WNC Seniors Program is funded in part by Province of Ontario - Ministry of Seniors Affairs, Seniors Active Living Centres</b></p>	<p><u>Health Promotion Day</u>                      Caribana—4th                      International Youth Day— 5th                      Taste of the Danforth— 10-12th                      Chinatown Festival— 18-19th                      World Humanitarian Day— 19th                      Tamil Fest— 25-26th                      International Overdose Awareness-31st                      CNE— Aug 17— Sept 3</p>	<p><b>1</b>                      11:00-12:00:(\$) Tai Chi                      3:00-4:00: (FREE) Healing Harmonies of Dance and Movement (Registration Required)                      4:15-5:15: (\$) Gentle Fitness</p> 	<p><b>2</b>                      10:00-12:00:(FREE) Computer Classes                      11:00-12:00:(\$) Funky Fitness                      12:30-2:30:(FREE) Computer Classes                      1:30-4:30:(FREE) Older Adults Games                      2:00-4:00:(FREE) N2N Seniors Activity at 25 Bishop Tutu                      7:00-8:45:(FREE) Knitting &amp; Crochet Group</p>	<p><b>3</b>                      11:00-12:30:(FREE) Studio 60/Creative Writing                      1:00-2:30:(FREE) Healing Harmonies of Song and Music (Registration Required)                      3:30-4:30:(FREE) Healing Harmonies in Dance and Movement (Registration Required)</p>	<p><b>4</b></p> 
5	<p><b>6</b> <u>WNC Closed</u></p> 	<p><b>7</b>                      12:00-1:00:(\$) Fusion Gold                      2:00-4:00:(FREE) Euchre and Bridge Games                      5:30-7:30:(FREE) Community Kitchen                      (Sign-up to attend. Max 10 participants)</p>	<p><b>8</b>                      11:00-12:00:(\$) Tai Chi                      3:00-4:00: (FREE) Healing Harmonies of Dance and Movement (Registration Required)                      4:15-5:15: (\$) Gentle Fitness</p> 	<p><b>9</b>                      10:00-12:00:(FREE) Computer Classes                      11:00-12:00:(\$) Funky Fitness                      12:30-2:30:(FREE) Computer Classes                      1:30-4:30:(FREE) Older Adults Games                      7:00-8:45:(FREE) Knitting &amp; Crochet Group</p> 	<p><b>10</b>                      11:00-12:30:(FREE) Studio 60/Creative Writing                      1:00-2:30:(FREE) Healing Harmonies of Song and Music (Registration Required)                      3:30-4:30:(FREE) Healing Harmonies in Dance and Movement (Registration Required)</p>	<p><b>11</b></p>
12	<p><b>13</b>                      11:00-12:00:(\$) Qigong 18                      2:00-4:00: (FREE) Afternoon Tea Social (BINGO)                      4:15-5:15: (\$) Gentle Fitness</p> 	<p><b>14</b>                      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><b>15</b>                      11:00-12:00:(\$) Tai Chi                      3:00-4:00: (FREE) Healing Harmonies of Dance and Movement (Registration Required)                      4:15-5:15: (\$) Gentle Fitness</p> 	<p><b>16</b>                      10:00-12:00:(FREE) Computer Classes                      11:00-12:00:(\$) Funky Fitness                      12:30-2:30:(FREE) Computer Classes                      1:30-4:30:(FREE) Older Adults Games                      2:00-4:00:(FREE) N2N Seniors Activity at 679 Queens Quay                      7:00-8:45:(FREE) Knitting &amp; Crochet Group</p> 	<p><b>17</b>                      11:00-12:30:(FREE) Studio 60/Creative Writing                      2:00-3:00:(FREE) Healing Harmonies Summer Camp Performance in Dance Studio</p> 	<p><b>18</b></p> 
19	<p><b>20</b>                      11:00-12:00:(\$) Qigong 18                      2:00-4:00: (FREE) Afternoon Tea Social (Karaoke &amp; Dancing)                      4:15-5:15: (\$) Gentle Fitness</p> 	<p><b>21</b>                      12:00-1:00:(\$) Fusion Gold                      2:00-4:00:(FREE) Euchre and Bridge Games                      5:30-7:30:(FREE) Community Kitchen                      (Sign-up to attend. Max 10 participants)</p>	<p><b>22</b>                      11:00-12:00:(\$) Tai Chi                      3:00-4:00: (FREE) Healing Harmonies of Dance and Movement (Registration Required)                      4:15-5:15: (\$) Gentle Fitness</p> 	<p><b>23</b>                      10:00-12:00:(FREE) Computer Classes                      11:00-12:00:(\$) Funky Fitness                      12:30-2:30:(FREE) Computer Classes                      1:30-4:30:(FREE) Older Adults Games                      2:00-4:00:(FREE) N2N Seniors Activity at 25 Bishop Tutu                      7:00-8:45:(FREE) Knitting &amp; Crochet Group</p>	<p><b>24</b>                      11:00-12:00:(FREE) Studio 60/Creative Writing                      12:00-1:00:(FREE) Potluck + B-DAY                      1:00-2:30:(FREE) Healing Harmonies of Song and Music (Registration Required)                      3:30-4:30:(FREE) Healing Harmonies in Dance and Movement (Registration Required)</p>	<p><b>25</b></p>
26	<p><b>27</b></p> <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><b>Summer Programs end Friday August 24th.                      WNC is closed Aug 27— Sept 3 for Maintenance.                      Fall Programs registration Sept 7th and start Monday September 10th.</b></p> </div>		<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p> 	<p><b>31</b> <u>**HEALING HARMONIES**</u></p> <p>Registration for FALL session now!                      =&gt; Dance &amp; Movement (Wed or Fri)                      =&gt; Music &amp; Song (Fri)</p> 