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1	2 WNC Closed for Canada Day 	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	4 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 	5  10:30-12:00:(FREE) Computer Classes 11:00-12:00:(\$) Funky Fitness 1:30-4:30:(FREE) Older Adults Games 7:00-8:45:(FREE) Knitting & Crochet Group	6  10:00-11:00:(\$) Gentle Yoga 11:00-12:30:(FREE) Studio 60 (Creative Writing & Poetry Workshop) 1:00-2:30:(FREE) Healing Harmonies of Music and Song (Registration Required) 3:30-4:30:(FREE) Healing Harmonies in Dance and Movement (Registration Required)	7
8	9 11:00-12:00:(\$) Qigong 18 2:00-4:00: (FREE) Afternoon Tea Social (Memory Game) 4:15-5:15: (\$) Gentle Fitness	10  9:45-10:45:(\$) Gentle Yoga 12:00-1:00:(\$) Fusion Gold 2:00pm– FIFA World Cup Semi Finals Game 2:00-4:00:(FREE) Euchre and Bridge Games 5:30-7:30:(FREE) Community Kitchen (Sign-up to attend. Max 10 participants)	11  11:00-12:00:(\$) Tai Chi 2:00pm– FIFA World Cup Semi Finals Game 3:00-4:00: (FREE) Healing Harmonies of Dance and Movement (Registration Required) 4:15-5:15: (\$) Gentle Fitness 	12 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 7:00-8:45:(FREE) Knitting & Crochet Group	13  10:00-11:00:(\$) Gentle Yoga 11:00-12:30:(FREE) Studio 60 (Creative Writing & Poetry Workshop) 1:00-2:30:(FREE) Healing Harmonies of Music and Song (Registration Required) 3:30-4:30:(FREE) Healing Harmonies in Dance and Movement (Registration Required)	14 
15	 16 11:00-12:00:(\$) Qigong 18 2:00-4:00: (FREE) Afternoon Tea Social (Trivia Game– Soccer Theme) 4:15-5:15: (\$) Gentle Fitness 	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	18 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 	19 10:30-12:00:(FREE) Computer Classes 11:00-12:00:(\$) Funky Fitness 1:30-4:30:(FREE) Older Adults Games 7:00-8:45:(FREE) Knitting & Crochet Group 	20  10:00-11:00:(\$) Gentle Yoga 11:00-12:30:(FREE) Healing Harmonies of Music and Song (Registration Required) 3:30-4:30:(FREE) Healing Harmonies in Dance and Movement (Registration Required)	21
22	23 11:00-12:00:(\$) Qigong 18 2:00-4:00: (FREE) Afternoon Tea Social (Caribbean Carnival Party) 4:15-5:15: (\$) Gentle Fitness 	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 (Sign-up to attend. Max 10 participants)	25 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 	26 10:30-12:00:(FREE) Computer Classes 11:00-12:00:(\$) Funky Fitness 1:30-4:30:(FREE) Older Adults Games 7:00-8:45:(FREE) Knitting & Crochet Group	27  10:00-11:00:(\$) Gentle Yoga 11:00-12:30:(FREE) Healing Harmonies of Music and Song (Registration Required) 12:30-1:30:(FREE) Monthly Potluck + B-DAY 3:30-4:30:(FREE) Healing Harmonies in Dance and Movement (Registration Required)	28 
29	30 11:00-12:00:(\$) Qigong 18 2:00-4:00: (FREE) Afternoon Tea Social (Documentary– Anthony Bourdain) 4:15-5:15: (\$) Gentle Fitness 	31 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	WNC Membership is required to attend FREE and PAID programs. Support us by signing up or renewing your membership!		Health Promotion FIFA World Cup– June 15-July 15th Carabana Month National Injury Prevention– 5th Salsa On St. Clair– 7&8th International Self-Care Day– 24th World Hepatitis Day– 28th	WNC Seniors Program is funded in part by Province of Ontario - Ministry of Seniors Affairs, Seniors Active Living Centres