











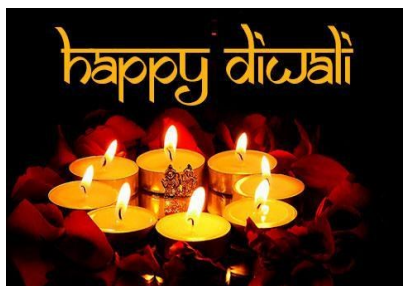




Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<p>Neighbour 2 Neighbour Friendly Visiting (N2N) for more information call Julie or Stephanie at 416.392.1509 ext. 326</p>		<p>WNC Seniors Program is funded in part by Province of Ontario - Ministry of Seniors and Accessibility, Seniors Active Living Centres</p> <p>-----</p> <p>* Ask Staff and Students for info and referrals related to seniors!</p>		<p><u>Health Promotion Days</u> National Day of Remembrance and Action on Violence Against Women World Aids Day— 1st Human Rights Day—10th</p>	<p>1</p> 
2	<p>3</p> <p>11:00-12:00:(\$) Qigong 18 2:00-4:00: (FREE) Afternoon Tea Social (BINGO) 4:15-5:15: (\$) Gentle Fitness</p> 	<p>4</p> <p>9:45-10:45:(\$) Gentle Yoga 12:00-1:00:(\$) Fusion Gold 2:00-4:00:(FREE) Euchre and Bridge Games 4:00-5:00:(FREE) Men's Group 5:30-7:30:(FREE) Community Kitchen (Sign-up to attend. Max 10 participants)</p>	<p>5</p> <p>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 5:15-6:15:(FREE) Nutrition demo</p> 	<p>6</p> <p>10:00-12:00:(FREE) Computer Classes 11:00-12:00:(\$) Funky Fitness 12:30-2:30:(FREE) Computer Classes 2:30-4:30:(FREE) Older Adults Games 7:00-8:45:(FREE) Knitting & Crochet Group</p>	<p>7</p> <p>10:00-11:00:(\$) Gentle Yoga 11:00-12:30:(FREE) Studio 60 1:00-2:30:(FREE) Healing Harmonies of Song and Music (Registration Required) 3:00-4:00:(FREE) Healing Harmonies in Dance and Movement (Registration Required)</p>	<p>8</p>
9	<p>10</p> <p>11:00-12:00:(\$) Qigong 18 2:00-4:00: (FREE) Afternoon Tea Social (Dancing & Karaoke) 4:15-5:15: (\$) Gentle Fitness</p>	<p>11</p> <p>9:45-10:45:(\$) Gentle Yoga 12:00-1:00:(\$) Fusion Gold 2:00-4:00:(FREE) Euchre and Bridge Games 2:00-3:30:(FREE) Building Activity 4:00-5:00:(FREE) Men's Group 5:00-6:00:(FREE) Women's Circle</p>	<p>12</p> <p>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 5:15-6:15:(FREE) Nutrition demo</p> 	<p>13</p> <p>10:00-12:00:(FREE) Computer Classes 11:00-12:00:(\$) Funky Fitness 12:30-2:30:(FREE) Computer Classes 2:30-4:30:(FREE) Older Adults Games 7:00-8:45:(FREE) Knitting & Crochet Group</p>	<p>14</p> <p>10:00-11:00:(\$) Gentle Yoga 11:00-1:00: SENIORS HOLIDAY PARTY Tickets \$10 at reception. RSVP by Dec 7th 3:00-4:00:(FREE) Healing Harmonies in Dance and Movement (Registration Required)</p> 	<p>15</p> 
16	<p>17</p>	<p>18</p> <p>12-2pm:(FREE) Nutrition Workshop</p>	<p>19</p> <p>12-2pm:(FREE) Nutrition Workshop</p>	<p>20</p> <p>10:00-12:00:(FREE) Computer Classes 12:30-2:30:(FREE) Computer Classes</p>	<p>21</p> <p><u>WINTER SOLSTICE</u></p> 	<p>22</p>
<p>Thank you for another great year! Fall programs end December 14th. WNC will be closed <u>December 22nd to January 6th.</u> Winter registration starts Monday January 7th to 11th and program will begin Monday January 14th. Have a safe and happy holidays!</p>						
23	<p>24</p>  <p>HANUKKAH</p>	<p>25</p>  <p>Eid mubarak</p>	<p>26</p>  <p>KWANZAA</p>	<p>27</p>  <p>happy diwali</p>	<p>28</p>  <p>Merry Christmas</p>  <p>GOODBYE 2018 HELLO 2019</p>	<p>29</p>