














Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1 	2 Health Promotion Days New Years Day—1st Martin Luther King Jr—21st Bell Lets Talk— 30th	3 	4 WNC Seniors Program is funded in part by Province of Ontario - Ministry of Seniors Affairs, Seniors Active Living Centres	5 	
6 	7 WNC is open for registration 	WNC is open for Monday January 7th for Registration Programs resume Monday January 14th				11	12
13	14 11:00-12:00:(\$) Qigong 18 2:00-4:00: (FREE) Afternoon Tea Social (Welcome back) 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 4:00-5:00:(FREE) Men's Group 5:30-7:30:(FREE) Community Kitchen (Sign-up to attend. Max 10 participants)	16 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 	17 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	18 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)	19 	
20 	21 11:00-12:00:(\$) Qigong 18 2:00-4:00: (FREE) Afternoon Tea Social (BINGO) 4:15-5:15: (\$) Gentle Fitness	22 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	23 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 	24 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	25 10:00-11:00:(\$) Gentle Yoga 11:00-12:00:(FREE) Studio 60 12:00-1:00:(FREE) Potluck + BDAY 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)	26	
27	28 11:00-12:00:(\$) Qigong 18 2:00-4:00: (FREE) Afternoon Tea Social (Mindfulness session) 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 4:00-5:00:(FREE) Men's Group 5:30-7:30:(FREE) Community Kitchen (Sign-up to attend. Max 10 participants)	30 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 	31 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	We provide Information, support and referrals. By appointment only! 