















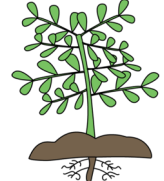


Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<p>\$= Cost Associated</p> <p>FREE= NO COST</p>	<p>We provide Information, support and referrals. By appointment only!</p> 	<p>WNC Seniors Program is funded in part by the Government of Canada - New Horizons for Seniors Program & Province of Ontario, Ministry of Seniors Affairs - Elderly Persons Centre's</p>	<p>1 11:00-12:00: (\$) Tai Chi 2:00-3:30:(FREE) Horticultural Therapy Club (Workshop: Garlic Planting) 4:15-5:15: (\$) Gentle Fitness</p> 	<p>2 10:30-12:00: (FREE) Computer Classes 11:00-12:00:(\$) Funky Fitness 1:30-4:30:(FREE) Older Adults Games 6:00-7:00:(\$) Spanglish Lesson Club 7:00-8:45:(FREE) Knitting & Crochet Group</p>	<p>3 10:00-11:00:(\$) Gentle Yoga 11:00-1:00:(FREE) Studio 60 (Falling Leaves Art) 1:30-2:30:(\$) ESL Classes Intermediate 3:00-4:00: (\$) ESL Classes Beginner</p>	<p>4</p> 
<p>5 DAY LIGHT SAVING ENDS</p> 	<p>6 11:00-12:00:(\$) Qigong 18 11:00-12:30:(FREE) Horticultural Therapy Club (at 679 QQ) 2:15-4:15: (FREE) Afternoon Tea Social (Presentation by Yolande) 4:15-5:15: (\$) Gentle Fitness</p>	<p>7 9:45-10:45:(\$) Gentle Yoga 2:00-4:00:(FREE) Euchre and Bridge Games 5:30-7:30: (FREE) Community Kitchen</p> 	<p>8 11:00-12:00: (\$) Tai Chi 2:00-3:30:(FREE) Horticultural Therapy Club (Workshop with Michael) 4:15-5:15: (\$) Gentle Fitness</p>	<p>9 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 6:00-7:00:(\$) Spanglish Lesson Club 7:00-8:45:(FREE) Knitting & Crochet Group</p> 	<p>10 10:00-11:00:(\$) Gentle Yoga 11:00-1:00:(FREE) Studio 60 (Remembrance Day Art) 1:30-2:30:(\$) ESL Classes Intermediate 3:00-4:00: (\$) ESL Classes Beginner</p>	<p>11</p>  <p>REMEMBRANCE DAY <i>Let's Not Forget</i></p>
	<p>13 11:00-12:00:(\$) Qigong 18 11:00-12:30:(FREE) Horticultural Therapy Club (at 679 QQ) 2:15-4:15: (FREE) Afternoon Tea Social (Documentary) 4:15-5:15: (\$) Gentle Fitness</p> 	<p>14 9:45-10:45:(\$) Gentle Yoga 2:00-4:00:(FREE) Euchre and Bridge Games</p>	<p>15 11:00-12:00: (\$) Tai Chi 2:00-3:30:(FREE) Horticultural Therapy Club (Workshop with Michael) 4:15-5:15: (\$) Gentle Fitness</p> 	<p>16 10:30-12:00: (FREE) Computer Classes 11:00-12:00:(\$) Funky Fitness 1:30-4:30:(FREE) Older Adults Games 6:00-7:00:(\$) Spanglish Lesson Club 7:00-8:45:(FREE) Knitting & Crochet Group</p>	<p>17 10:00-11:00:(\$) Gentle Yoga 11:00-1:00:(FREE) Studio 60 (Cards for National Child Day) 1:30-2:30:(\$) ESL Classes Intermediate 3:00-4:00: (\$) ESL Classes Beginner</p>	<p>18</p> 
	<p>20 11:00-12:00:(\$) Qigong 18 11:00-12:30:(FREE) Horticultural Therapy Club (at 679 QQ) 2:15-4:15: (FREE) Afternoon Tea Social (Childhood Pictures and Story Sharing) 4:15-5:15: (\$) Gentle Fitness</p>	<p>21 9:45-10:45:(\$) Gentle Yoga 2:00-4:00:(FREE) Euchre and Bridge Games 5:30-7:30: (FREE) Community Kitchen</p> 	<p>22 11:00-12:00: (\$) Tai Chi 2:00-3:30:(FREE) Horticultural Therapy Club (Workshop with Michael) 4:15-5:15: (\$) Gentle Fitness</p>	<p>23 10:30-12:00: (FREE) Computer Classes 11:00-12:00:(\$) Funky Fitness 1:30-4:30:(FREE) Older Adults Games 6:00-7:00:(\$) Spanglish Lesson Club 7:00-8:45:(FREE) Knitting & Crochet Group</p> 	<p>24 10:00-11:00:(\$) Gentle Yoga 11:00-1:00:(FREE) Studio 60 12:00-1:00: (FREE) Potluck + B-Day Celebration 1:30-2:30:(\$) ESL Classes Intermediate 3:00-4:00: (\$) ESL Classes Beginner</p>	<p>25</p> 
	<p>27 11:00-12:00:(\$) Qigong 18 11:00-12:30:(FREE) Horticultural Therapy Club (at 679 QQ) 2:15-4:15: (FREE) Afternoon Tea Social (BINGO) 4:15-5:15: (\$) Gentle Fitness</p>	<p>28 9:45-10:45:(\$) Gentle Yoga 2:00-4:00:(FREE) Euchre and Bridge Games</p>	<p>29 11:00-12:00: (\$) Tai Chi 2:00-3:30:(FREE) Horticultural Therapy Club (Workshop with Michael) 4:15-5:15: (\$) Gentle Fitness</p> 	<p>30 10:30-12:00: (FREE) Computer Classes 11:00-12:00:(\$) Funky Fitness 1:30-4:30:(FREE) Older Adults Games 6:00-7:00:(\$) Spanglish Lesson Club 7:00-8:45:(FREE) Knitting & Crochet Group</p>	<p>Women's HERstory Month Osteoporosis Month— 1-30th Diabetes Awareness Month—1-30th November Canada World Pancreatic Cancer Month-1-30 Elimination of Violence Against Women Day -25th Stomach Cancer Awareness Day-30th</p>	<p>Illustration of a house with a snow globe and stars</p> 