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	2 11:00-12:00:(\$ Qigong 18 11:00-12:30:(FREE) Horticultural Therapy Club (at 679 QQ Community Outreach) 2:15-4:15: (FREE) Afternoon Tea Social (National Seniors Day+ Memory Game) 4:15-5:15: (\$) Gentle Fitness	3 9:45-10:45:(\$) Gentle Yoga 2:00-4:00:(FREE) Euchre and Bridge Games 	4 11:00-12:00: (\$) Tai Chi 4:15-5:15: (\$) Gentle Fitness 5:30-7:00:(FREE) Horticultural Therapy Club (Workshop: Camila Flower Shop)	5 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 	6 10:00-11:00:(\$) Gentle Yoga 11:00-1:00:(FREE) Studio 60 (Magazine Art) 1:30-2:30:(\$) ESL Classes Intermediate 3:00-4:00: (\$) ESL Classes Beginner 	7
8	9 <u>WNC is Closed</u> 	10 9:45-10:45:(\$) Gentle Yoga 2:00-4:00:(FREE) Euchre and Bridge Games 5:30-7:30: (FREE) Community Kitchen 	11 11:00-12:00: (\$) Tai Chi 2:00-3:30:(FREE) Horticultural Therapy Club (Michael: Wisdom of Weeds and Plants) 4:15-5:15: (\$) Gentle Fitness 	12 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	13 10:00-11:00:(\$) Gentle Yoga 11:00-1:00:(FREE) Studio 60 (Magazine Art) 1:30-2:30:(\$) ESL Classes Intermediate 3:00-4:00: (\$) ESL Classes Beginner	14 
15 	16 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 (Student Present: Social Work Month) 4:15-5:15: (\$) Gentle Fitness 	17 9:45-10:45:(\$) Gentle Yoga 2:00-4:00:(FREE) Euchre and Bridge Games 	18 11:00-12:00: (\$) Tai Chi 11:30-12:30:(FREE) Horticultural Therapy Club (Trip to Edwards Garden: Registration Required) 4:15-5:15: (\$) Gentle Fitness	19 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	20 10:00-11:00:(\$) Gentle Yoga 11:00-1:00:(FREE) Studio 60 (Tape Painting) 1:30-2:30:(\$) ESL Classes Intermediate 3:00-4:00: (\$) ESL Classes Beginner	21
22	23 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	24 9:45-10:45:(\$) Gentle Yoga 2:00-4:00:(FREE) Euchre and Bridge Games 5:30-7:30: (FREE) Community Kitchen 	25 11:00-12:00: (\$) Tai Chi 2:00-3:30:(FREE) Horticultural Therapy Club (Michael: The Power of Plants) 4:15-5:15: (\$) Gentle Fitness	26 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 	27 10:00-11:00:(\$) Gentle Yoga 11:00-1:00:(FREE) Studio 60 12:00-1:00: (FREE) Potluck + B-Day Celebration (Latin Hispanic Heritage food celebration) 1:30-2:30:(\$) ESL Classes Intermediate 3:00-4:00: (\$) ESL Classes Beginner 	28
29 	30 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 (Costume Dance Party) 4:15-5:15: (\$) Gentle Fitness	31 9:45-10:45:(\$) Gentle Yoga 2:00-4:00:(FREE) Euchre and Bridge Games 	<p>We provide Information, support and referrals. By appointment only!</p>   		<p>Neighbour 2 Neighbour 2.0 Friendly visiting and support for isolated seniors living in the Waterfront community. For more info contact Julie and Jennifer at: N2N2.0@waterfrontnc.ca</p>	30 