



LEGEND:

- ✿ Drop-In – You can attend this group without registering
- ★ Registration required – You need to register with the appropriate staff member to attend this program
- ⚡ Closed Group – This group is currently not accepting new registrations

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <ul style="list-style-type: none"> ★ Gentle Exercise 9:45-10:30AM ★ Barrier-Free Physical Activity 6-7PM 	<p>3</p> <ul style="list-style-type: none"> ★ Gentle Exercise 10:30-11:15AM ★ Seniors Advisory Committee 1:30-3PM ✿ Adult Colouring 1:30-3PM 	<p>4</p> <ul style="list-style-type: none"> ✿ Current Affairs 10-11:30AM ★ Fit for Life 10:30-11:30AM ⚡ POW 1-3PM ✿ Spanish Senior Group 3-5PM 	<p>5</p> <ul style="list-style-type: none"> ★ Gentle Exercise 10:30-11:15AM ★ SAGE 2-4pm 	<p>6</p> <ul style="list-style-type: none"> ★ Strong and Steady 10-11AM ✿ Bingo 1-3PM ★ Fit for Life 2-3PM 	<p>7</p> <ul style="list-style-type: none"> ✿ Badminton 9:30-11:30AM ✿ Boccia 1-3pm
<p>9</p> <ul style="list-style-type: none"> ★ Gentle Exercise 9:45-10:30AM ★ Mindfulness 1-3PM ★ Barrier-Free CAC 2-4PM ★ Barrier-Free Physical Activity 6-7PM 	<p>10</p> <ul style="list-style-type: none"> ★ Gentle Exercise 10:30-11:15AM ✿ Adult Colouring 1:30-3PM ⚡ WDAAG 5-8PM 	<p>11</p> <ul style="list-style-type: none"> ★ Diabetes Management 9-12PM ✿ Current Affairs 10-11:30AM ★ Fit for Life 10:30-11:30AM ⚡ POW 1-3PM ✿ Spanish Senior Group 3-5PM 	<p>12</p> <ul style="list-style-type: none"> ★ Gentle Exercise 10:30-11:15AM ★ SAGE 2-4pm 	<p>13</p> <ul style="list-style-type: none"> ★ Strong and Steady 10-11AM ★ Fit for Life 2-3PM ★ Good Food Box 1-7PM 	<p>14</p> <ul style="list-style-type: none"> ✿ Badminton 9:30-11:30AM



<p>16</p> <p>★ Gentle Exercise 9:45-10:30AM</p> <p>★ Mindfulness 1-3PM</p> <p>★ Barrier-Free Physical Activity 6-7PM</p>	<p>17</p> <p>★ Gentle Exercise 10:30-11:15AM</p> <p>✿ Stitches of Love 11:30-1PM</p> <p>✿ Adult Colouring 1:30-3PM</p> <p>★ Volunteer Advisory Committee 4-5:30PM</p>	<p>18</p> <p>★ Diabetes Management 9-12PM</p> <p>✿ Current Affairs 10-11:30AM</p> <p>🗣️ POW 1-3PM</p> <p>✿ Spanish Senior Group 3-5PM</p>	<p>19 ★ Gentle Exercise 10:30-11:15AM</p> <p>★ Movie Matinee: The Theory of Everything Honouring Stephen Hawking 1-3:30PM</p> <p>★ SAGE 2-4pm</p>	<p>20</p> <p>★ Strong and Steady 10-11AM</p> <p>★ Fit for Life 2-3PM</p>	<p>21</p> <p>✿ Badminton 9:30- 11:30AM</p> <p>✿ Boccia 1-3pm</p>
<p>23</p> <p>★ Gentle Exercise 9:45-10:30AM</p> <p>★ Mindfulness 1-3PM</p> <p>🗣️ Trailblazers 4-5PM</p> <p>★ Barrier-Free Physical Activity 6-7PM</p>	<p>24</p> <p>★ Gentle Exercise 10:30-11:15AM</p> <p>✿ Stitches of Love 11:30-1PM</p> <p>✿ Adult Colouring 1:30-3PM</p>	<p>25</p> <p>✿ Current Affairs 10-11:30AM</p> <p>🗣️ POW 1-3PM</p> <p>✿ Spanish Senior Group 3-5PM</p>	<p>26 ★ Gentle Exercise 10:30-11:15AM</p> <p>★ SAGE 2-4pm</p>	<p>27</p> <p>★ Strong and Steady 10-11AM</p> <p>★ Good Food Box 1-7PM</p>	<p>28</p> <p>✿ Badminton 9:30- 11:30AM</p>
<p>30</p> <p>★ Gentle Exercise 9:45-10:30AM</p> <p>★ Mindfulness 1-3PM</p> <p>★ Barrier-Free Physical Activity 6-7PM</p>					

WHO TO CONTACT:

- **Anne at 416.486.8666 ext. 263** to learn about and register for Strong and Steady, the Barrier-Free Consumer Advisory Committee, Boccia Ball, MOTomed (exercise bike)
- **Shoshanah at 416.486.8666 ext. 208** to register for Diabetes Management Program
- **Josée at 416.486. 8666 ext. 215** to inquire or register for Adult Colouring, Bingo, Good Food Box, Trailblazer, Volunteer Advisory Committee, or any other volunteer activities
- **Lucy at 416.486.8666 ext. 226** to inquire or RSVP for WDAAG, Movie Nights and POW
- **Monica at 416.486.8666 ext. 228** to register for the Barrier-Free Physical Activity program, Movie Matinee and SAGE
- **Sasha at 416.486. 8666 ext. 299** to learn more about and register for the Back to Movement program, Badminton, Current Affairs, Fit for Life Exercise, Gentle Exercise, Living Life to The Full, Stitches of Love Knitting Group, and the Seniors Advisory Committee