




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> CLOSED	<b>2</b> Badminton 9:30-11:30AM  Boccia 1-3PM
<b>4</b> Gentle Exercise 9:45-10:30AM  BF Physical Activity 6-7PM	<b>5</b> Gentle Exercise 10:30-11:15AM  Adult Colouring 1:30-3PM  Senior Advisory Committee 1:30-3PM	<b>6</b> Diabetes Education 9-12PM  Current Affairs 10-11:30AM  Fit for Life 10:30-11:30AM  POW 1-3PM  Spanish Senior Group 3-5PM	<b>7</b> Gentle Exercise 10:30-11:15AM  SAGE 2-4PM	<b>8</b> Back to Movement (registration required) 10-11:30AM  Good Food Box 1-7PM    Bingo 1-3PM	<b>9</b> Badminton 9:30-11:30AM  Boccia 1-3PM
<b>11</b> Gentle Exercise 9:45-10:30AM  Mindfulness (registration required) 1:30-3PM  BF CAC 2-4PM  BF Physical Activity 6-7PM	<b>12</b> Gentle Exercise 10:30-11:15AM  Adult Colouring 1:30-3PM  WDAAG IT 5-8 PM	<b>13</b> Diabetes Education 9-12PM  Current Affairs 10-11:30AM  Fit for Life 10:30-11:30AM  Spanish Senior Group 3-5PM	<b>14</b> Gentle Exercise 10:30-11:15AM  Bone Health 1-3pm  SAGE 2-4PM	<b>15</b>	<b>16</b> Badminton 9:30-11:30AM

<b>18</b> Exercise Video 9:45-10:30AM  Trailblazers 4-5PM  Barrier-Free Physical Activity 6-7PM	<b>19</b> Exercise Video 10:30-11:15AM  Stitches of Love 11:30AM- 1:00PM  Adult Colouring 1:30-3PM  Volunteer Advisory 4-5:30PM	<b>20</b> Current Affairs 10-11:30AM  Spanish Senior Group 3-5PM  Board Meeting 6-8PM	<b>21</b> Exercise Video 10:30-11:15AM  SAGE 2-4PM	<b>22</b> Good Food Box Pick-Up  <b>CLOSING AT          12PM</b>	<b>23</b> Badminton 9:30- 11:30AM
<b>25</b>  <div style="border: 2px solid red; padding: 5px; display: inline-block;"> <b>HAPPY HOLIDAYS</b> </div>	<b>26</b>	<b>27</b> Current Affairs 10-11:30AM  Spanish Senior Group 3-5PM	<b>28</b> Exercise Video 10:30-11:15AM	<b>29</b>  <b>CLOSING AT          12PM</b>	<b>30</b> Badminton 9:30- 11:30AM

- Call **Shoshanah Silverman** at **416.486.8666 ext. 208** to inquire about the *Diabetes Program*.
- Call **Monica Gordon** at **416.486.8666 ext. 228** to *RSVP for WDAAG* and to inquire about the *Barrier-Free Physical Activity* or *SAGE (Seniors Achieving Greater Esteem)*.
- Call **Josée Sovinsky** at **416.486.8666 ext. 215** to inquire about *Adult Colouring, the Good Food Box, POW, TrailBlazers, the Volunteer Advisory Committee, the Youth Community Health Group, or any other volunteer activities*.
- Call **Sasha Whiting** at **416.486. 8666 ext. 299** to inquire about *Badminton, Bingo, Current Affairs, Fit for Life, Gentle Exercise, the Mindfulness Series, Spanish Senior Group, the Seniors Advisory Committee* or *Stiches of Love*.
- Call **Anne Crasto** at **416.486.8666 ext. 263** to inquire about *Back to Movement, the Barrier-Free Consumer Advisory Committee, the Bone Health Workshop, Boccia Ball*.

