





JANUARY 2018

Yonge Site - 2398 Yonge Street
Toronto, ON M4P 2H4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 Gentle Exercise 10:30-11:15AM Adult Colouring 1:30-3PM Seniors Advisory Committee 1:30-3PM	3 Current Affairs 10-11:30AM POW 1-3PM Spanish Seniors 3-5PM	4 Gentle Exercise 10:30-11:15AM SAGE 2-4PM	5 Bingo 1-3pm	6 Badminton 9:30-11:30AM
8 Gentle Exercise 9:45-10:30AM Barrier-Free Consumer Advisory Committee 2-4PM Barrier-Free Physical Activity 6-7PM	9 Gentle Exercise CANCELED Adult Colouring 1:30-3PM	10 Diabetes Management 9-12PM Current Affairs POW 10-11:30AM 1-3PM Spanish Seniors 3-5PM	11 Gentle Exercise 10:30-11:15AM SAGE 2-4PM	12	13 Badminton 9:30-11:30AM 
15 Gentle Exercise 9:45-10:30AM Barrier-Free Physical Activity 6-7PM	16 Gentle Exercise 10:30-11:15AM Stitches of Love 11:30-1PM Adult Colouring 1:30-3PM Volunteer Advisory Committee 4-5:30PM	17 Fit for Life 10:30-11:30am Diabetes Management Program 9-12PM Current Affairs POW 10-11:30AM 1-3PM Living Life To The Full (registration required) 1:30-3pm Spanish Seniors 3-5PM	18 Gentle Exercise 10:30-11:15AM SAGE 2-4PM	19 Good Food Box 1-7PM 	20 Badminton 9:30-11:30AM



<p>22 Gentle Exercise 9:45-10:30AM</p> <p>Trailblazer 4-5PM</p> <p>Barrier-Free Physical Activity 6-7PM</p>	<p>23 Gentle Exercise 10:30-11:15AM</p> <p>Stitches of Love 11:30-1PM</p> <p>Adult Colouring 1:30-3PM</p>	<p>24 Fit for Life 10:30-11:30am</p> <p>Diabetes Prevention Program 9-12PM</p> <p>Current Affairs POW 10-11:30AM 1-3PM</p> <p>Living Life To The Full (registration required) 1:30-3pm</p> <p>Spanish Seniors 3-5PM</p>	<p>25 Gentle Exercise 10:30-11:15AM</p> <p>Winter Fitness Workshop 1:30-3PM</p> <p>SAGE 2-4PM</p>	<p>26</p> 	<p>27 Badminton 9:30-11:30AM</p>
<p>29 Gentle Exercise 9:45-10:30AM</p> <p>Back to Movement (registration required) 1:30-3:00PM</p> <p>Barrier-Free Physical Activity 6-7PM</p>	<p>30 Gentle Exercise 10:30-11:15AM</p> <p>Adult Colouring 1:30-3PM</p>	<p>31 Current Affairs POW 10-11:30AM 1-3PM</p> <p>Living Life To The Full (registration required) 1:30-3pm</p> <p>Spanish Seniors 3-5PM</p>			

- Call **Anne at 416.486.8666 ext. 263** for information about the Barrier-Free Consumer Advisory Committee
- Call **Shoshanah at 416.486.8666 ext. 208** to register for the Winter Fitness Workshop and the Diabetes Program
- Call **Josée at 416.486. 8666 ext 215** to inquire or register for Adult Colouring, Bingo, Volunteer Advisory Committee, or any other volunteer activities.
- Call **Monica at 416.486.8666 ext 228** RSVP for the WDAAG IT (closed group)
- Call **Sasha at 416.486. 8666 ext 299** to learn more about and register for the Back to Movement program, Current Affairs, Gentle Exercise, Living Life to The Full and the Seniors Advisory Committee

