

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Gentle Exercise 9:45-10:30AM Mindfulness Series (not a drop-in) 1-3PM Barrier-Free Consumer Advisory Committee 2-4PM	3 Gentle Exercise 10:30-11:15AM Adult Colouring 1:30-3PM Senior Advisory Committee 1:30-3PM	4 Diabetes Management 9-12PM Current Affairs 10-11:30AM Spanish Senior Group 3-5PM	5 Gentle Exercise 10:30-11:15AM Strong & Steady (registration required) 1-2pm SAGE 2-4PM	6 Bingo 1-3pm	7 
9 	10 Gentle Exercise 10:30-11:15AM Adult Colouring 1:30-3PM	11 Diabetes Management 9-12PM Current Affairs 10-11:30AM Spanish Senior Group 3-5PM Board Meeting 5-8PM	12 Gentle Exercise 10:30-11:15AM Strong & Steady (registration required) 1-2pm SAGE 2-4PM	13 Good Food Box 1-2PM 	14 Badminton 9:30- 11:30AM Boccia 1-3PM
16 Gentle Exercise 9:45-10:30AM Mindfulness Series (not a drop-in) 1-3PM BF Physical Activity 6-7PM	17 Gentle Exercise 10:30-11:15AM Stitches of Love 11:30-1PM Adult Colouring 1:30-3PM	18 Current Affairs 10-11:30AM Spanish Senior Group 3-5PM	19 Gentle Exercise 10:30-11:15AM Strong & Steady (registration required) 1-2pm SAGE 2-4PM	20 Back to Movement (registration required) 10-11:30AM	21 Badminton 9:30- 11:30AM Boccia 1-3PM
23 Gentle Exercise 9:45-10:30AM Mindfulness Series (not a drop-in) 1-3PM Barrier-Free Physical Activity 6-7PM	24 Gentle Exercise 10:30-11:15AM Stitches of Love 11:30-1PM Adult Colouring 1:30-3PM Volunteer Adv. Committee 4-5:30PM	25 Current Affairs 10-11:30AM Spanish Senior Group 3-5PM	26 Gentle Exercise 10:30-11:15AM Strong & Steady (registration required) 1-2pm Digestive Health & Nutrition 3- 5PM SAGE 2-4PM	27 Back to Movement (registration required) 10-11:30AM Good Food Box 1-2PM 	28 Badminton 9:30- 11:30AM Boccia 1-3PM

30 Gentle Exercise 9:45-10:30AM Mindfulness Series (not a drop-in) 1-3PM Trailblazer 4-5PM Barrier-Free Physical Activity 6-7PM	31 Gentle Exercise 10:30-11:15AM Adult Colouring 1:30-3PM	Nov 1	2	3	4
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- 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 SAGE (*Seniors Achieving Greater Esteem*) or *Barrier-Free Physical Activity*.
- Call **Josée Sovinsky** at **416.486.8666 ext. 215** to inquire about the *Volunteer Advisory Committee, the Youth Community Health Group, TrailBlazers, Adult Colouring, Stitches of Love, Bingo, Digestive Health, the Good Food Box* or any other volunteer activities.
- Call **Sasha Whiting** at **416.486. 8666 ext. 299** to inquire about the *Cogniciti Workshop, Gentle Exercise, the Mindfulness Series, Badminton, Current Affairs, Spanish Senior* or the *Seniors Advisory Committee*.
- Call **Anne Crasto** at **416.486.8666 ext. 263** to inquire about the *Community Flu Clinic, Boccia Ball, the Strong & Steady - Falls Prevention Program* or the *Barrier-Free Consumer Advisory Committee*.

