










Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 National Seniors Day 11:00-12:00:(\$) Qigong 18 2:00-4:00: (FREE) Afternoon Tea Social (National Seniors Day!) 4:15-5:15: (\$) Gentle Fitness	2 9:45-10:45:(\$) Gentle Yoga 12:00-1:00:(\$) Fusion Gold 2:00-4:00:(FREE) Euchre and Bridge Games 5:00-6:00:(FREE) Women's Circle	3 11:00-12:00:(\$) Tai Chi 3:00-4:00: (FREE) Healing Harmonies of Dance and Movement (Registration Required) 4:15-5:15: (\$) Gentle Fitness 	4 10:00-12:00:(FREE) Computer Classes 11:00-12:00:(\$) Funky Fitness 12:30-2:30:(FREE) Computer Classes 2:30-4:30:(FREE) Older Adults Games 7:00-8:45:(FREE) Knitting & Crochet Group	5 10:00-11:00:(\$) Gentle Yoga 11:00-12:30:(FREE) Studio 60 1:00-2:30:(FREE) Healing Harmonies of Song and Music (Registration Required) 3:30-4:30:(FREE) Healing Harmonies in Dance and Movement (Registration Required)	6 
7	8 WNC is Closed 	9 9:45-10:45:(\$) Gentle Yoga 12:00-1:00:(\$) Fusion Gold 2:00-4:00:(FREE) Euchre and Bridge Games 5:30-7:30:(FREE) Community Kitchen (Sign-up to attend. Max 10 participants)	10 11:00-12:00:(\$) Tai Chi 3:00-4:00: (FREE) Healing Harmonies of Dance and Movement (Registration Required) 4:15-5:15: (\$) Gentle Fitness 	11 10:00-12:00:(FREE) Computer Classes 11:00-12:00:(\$) Funky Fitness 12:30-2:30:(FREE) Computer Classes 2:30-4:30:(FREE) Older Adults Games 7:00-8:45:(FREE) Knitting & Crochet Group	12 10:00-11:00:(\$) Gentle Yoga 11:00-12:30:(FREE) Studio 60 1:00-2:30:(FREE) Healing Harmonies of Song and Music (Registration Required) 3:30-4:30:(FREE) Healing Harmonies in Dance and Movement (Registration Required)	13
14 	15 11:00-12:00:(\$) Qigong 18 2:00-4:00: (FREE) Afternoon Tea Social (World Mental Health Day) 4:15-5:15: (\$) Gentle Fitness	16 9:45-10:45:(\$) Gentle Yoga 12:00-1:00:(\$) Fusion Gold 2:00-4:00:(FREE) Euchre and Bridge Games 5:00-6:00:(FREE) Women's Circle	17 11:00-12:00:(\$) Tai Chi 2:00-3:30:(FREE) Activity @ 679 Queens Q 3:00-4:00: (FREE) Healing Harmonies of Dance and Movement (Registration Required) 4:15-5:15: (\$) Gentle Fitness 	18 * Computer Class Cancelled Today Only* 11:00-12:00:(\$) Funky Fitness 12:00-1:00:(FREE) Elders Advisory Meeting! 1:30-4:30:(FREE) Older Adults Games 7:00-8:45:(FREE) Knitting & Crochet Group	19 10:00-11:00:(\$) Gentle Yoga 11:00-12:30:(FREE) Studio 60 1:00-2:30:(FREE) Healing Harmonies of Song and Music (Registration Required) 3:30-4:30:(FREE) Healing Harmonies in Dance and Movement (Registration Required)	20 
21	22 11:00-12:00:(\$) Qigong 18 2:00-4:00: (FREE) Afternoon Tea Social (Autism Awareness) 4:15-5:15: (\$) Gentle Fitness	23 9:45-10:45:(\$) Gentle Yoga 12:00-1:00:(\$) Fusion Gold 2:00-3:30:(FREE) Activity @ 679 Queens Q 2:00-4:00:(FREE) Euchre and Bridge Games 6:00-8:00:(FREE) Annual General Meeting	24 11:00-12:00:(\$) Tai Chi 3:00-4:00: (FREE) Healing Harmonies of Dance and Movement (Registration Required) 4:15-5:15: (\$) Gentle Fitness 	25 10:00-12:00:(FREE) Computer Classes 11:00-12:00:(\$) Funky Fitness 12:30-2:30:(FREE) Computer Classes 2:30-4:30:(FREE) Older Adults Games 7:00-8:45:(FREE) Knitting & Crochet Group	26 10:00-11:00:(\$) Gentle Yoga 11:00-12:00:(FREE) Studio 60 12:00-1:00:(FREE) Potluck + BDAY 1:00-2:30:(FREE) Healing Harmonies of Song and Music (Registration Required) 3:30-4:30:(FREE) Healing Harmonies in Dance and Movement (Registration Required)	27
28	29 11:00-12:00:(\$) Qigong 18 2:00-4:00: (FREE) Afternoon Tea Social (Documentary) 4:15-5:15: (\$) Gentle Fitness 	30 9:45-10:45:(\$) Gentle Yoga 12:00-1:00:(\$) Fusion Gold 2:00-3:30:(FREE) Activity @ 679 Queens Q 2:00-4:00:(FREE) Euchre and Bridge Games 5:30-7:30:(FREE) Community Kitchen (Sign-up to attend. Max 10 participants)	31 11:00-12:00:(\$) Tai Chi 3:00-4:00: (FREE) Healing Harmonies of Dance and Movement (Registration Required) 4:15-5:15: (\$) Gentle Fitness 	*Other Programs Offered Friendly Visiting (N2N) for more information call Julie or Stephanie at 416.392.1509 ext 326 WNC Seniors Program is funded in part by Province of Ontario - Ministry of Seniors and Accessibility, Seniors Active Living Centres	Health Promotion Days Mental Illness Awareness Week World Mental Health Day- 10 Respiratory Therapists Week- 21-27 World Sight Day-10 World Arthritis Day- 12 Pharmacy Technician Day- 16 * Ask Staff and Students for info and referrals related to seniors!	29 