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	<p>Neighbour 2 Neighbour</p> <p>Friendly Visiting (N2N) for more information call Julie or Stephanie at 416.392.1509 ext 326</p>	<p>WNC Seniors Program is funded in part by Province of Ontario - Ministry of Seniors and Accessibility, Seniors Active Living Centres</p> <p>-----</p> <p>* Ask Staff and Students for info and referrals related to seniors!</p>	<p><u>Health Promotion Days</u></p> <p>Lung Cancer Awareness Month Osteoporosis Month Movember Awareness Month World Diabetes Day– 14th International Day for Elimination of Violence Against Women– 25th Stomach Cancer Awareness Day– 30th</p> 	<p>1 10:00-12:00:(FREE) Computer Classes 11:00-12:00:(FREE) 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</p>	<p>2 10:00-11:00:(FREE) Gentle Yoga 11:00-12:30:(FREE) Studio 60 1:00-2:30:(FREE) Healing Harmonies of Song and Music (Registration Required)</p>	
<p>4 Daylight Savings</p> 	<p>5 11:00-12:00:(FREE) Qigong 18 2:00-4:00: (FREE) Afternoon Tea Social (Diwali) 4:15-5:15: (\$) Gentle Fitness</p>	<p>6 9:45-10:45:(FREE) Gentle Yoga 12:00-1:00:(FREE) Fusion Gold 2:00-4:00:(FREE) Euchre and Bridge Games 4:00-5:00:(FREE) Men's Group 5:30-7:30:(FREE) Community Kitchen (Sign-up to attend. Max 10 participants)</p>	<p>7 11:00-12:00:(FREE) Tai Chi 3:00-4:00: (FREE) Healing Harmonies of Dance and Movement (Registration Required) 2:00-3:30:(FREE) Building Activity 4:15-5:15: (\$) Gentle Fitness</p> 	<p>8 10:00-12:00:(FREE) Computer Classes 11:00-12:00:(FREE) 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</p>	<p>9 10:00-11:00:(FREE) 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)</p>	<p>10</p>
<p>11</p>  <p>REMEMBRANCE DAY <i>Let's Not Forget</i></p>	<p>12 11:00-12:00:(FREE) Qigong 18 2:00-4:00: (FREE) Afternoon Tea Social (MOVED TO 25 BISHOP TUTU Movember + Day of Games) 4:15-5:15: (\$) Gentle Fitness</p>	<p>13 9:45-10:45:(FREE) Gentle Yoga 12:00-1:00:(FREE) Fusion Gold 2:00-4:00:(FREE) Euchre and Bridge Games 2:00-3:30:(FREE) Building Activity 4:00-5:00:(FREE) Men's Group 5:00-6:00:(FREE) Women's Circle</p>	<p>14 11:00-12:00:(FREE) Tai Chi 3:00-4:00: (FREE) Healing Harmonies of Dance and Movement (Registration Required) 4:15-5:15: (\$) Gentle Fitness</p> 	<p>15 10:00-12:00:(FREE) Computer Classes 11:00-12:00:(FREE) 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</p>	<p>16 10:00-11:00:(FREE) 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)</p>	
<p>18</p> 	<p>19 11:00-12:00:(FREE) Qigong 18 2:00-4:00: (FREE) Afternoon Tea Social (MOVED TO 25 BISHOP TUTU Service Canada Presentation) 4:15-5:15: (\$) Gentle Fitness</p>	<p>20 9:45-10:45:(FREE) Gentle Yoga 12:00-1:00:(FREE) Fusion Gold 2:00-4:00:(FREE) Euchre and Bridge Games 4:00-5:00:(FREE) Men's Group 5:30-7:30:(FREE) Community Kitchen (Sign-up to attend. Max 10 participants)</p>	<p>21 11:00-12:00:(FREE) Tai Chi 3:00-4:00: (FREE) Healing Harmonies of Dance and Movement (Registration Required) 4:15-5:15: (\$) Gentle Fitness</p> 	<p>22 10:00-12:00:(FREE) Computer Classes 11:00-12:00:(FREE) 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</p>	<p>23 10:00-11:00:(FREE) 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)</p>	<p>24</p>
<p>25 Day for Elimination of Violence Against Women</p>	<p>26 11:00-12:00:(FREE) Qigong 18 2:00-4:00: (FREE) Afternoon Tea Social (Documentary) 4:15-5:15: (\$) Gentle Fitness</p>	<p>27 9:45-10:45:(FREE) Gentle Yoga 12:00-1:00:(FREE) Fusion Gold 2:00-4:00:(FREE) Euchre and Bridge Games 2:00-3:30:(FREE) Building Activity 4:00-5:00:(FREE) Men's Group 5:00-6:00:(FREE) Women's Circle</p>	<p>28 11:00-12:00:(FREE) Tai Chi 3:00-4:00: (FREE) Healing Harmonies of Dance and Movement (Registration Required) 4:15-5:15: (\$) Gentle Fitness</p> 	<p>29 10:00-12:00:(FREE) Computer Classes 11:00-12:00:(FREE) 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</p>	<p>30 10:00-11:00:(FREE) 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)</p>	