










Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 11:00-12:00:(\$ Qigong 18 2:00-4:00: (FREE) Afternoon Tea Social (Immigration Presentation) 4:15-5:15: (\$) Gentle Fitness	<b>2</b> 9:45-10:45:(\$ Gentle Yoga 12:00-1:00:(\$ 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	<b>3</b> 11:00-12:00:(\$ Tai Chi 4:15-5:15: (\$) Gentle Fitness 	<b>4</b> 11:00-12:00:(\$ Funky Fitness 1:30-4:30:(FREE) Older Adults Games 7:00-8:45:(FREE) Knitting & Crochet Group 	<b>5</b> 10:00-11:00:(\$ Gentle Yoga 11:00-12:30:(FREE) Studio 60	<b>6</b> 
<b>7</b>	<b>8</b> 11:00-12:00:(\$ Qigong 18 2:00-4:00: (FREE) Afternoon Tea Social (Karaoke and Dancing) 4:15-5:15: (\$) Gentle Fitness 	<b>9</b> 9:45-10:45:(\$ Gentle Yoga 12:00-1:00:(\$ Fusion Gold 2:00-4:00:(FREE) Euchre and Bridge Games 4:00-5:00:(FREE) Women's Circle	<b>10</b> 11:00-12:00:(\$ Tai Chi 4:15-5:15: (\$) Gentle Fitness 	<b>11</b> 11:00-12:00:(\$ Funky Fitness 1:30-4:30:(FREE) Older Adults Games 7:00-8:45:(FREE) Knitting & Crochet Group	<b>12</b> 10:00-11:00:(\$ Gentle Yoga 11:00-12:30:(FREE) Studio 60	<b>13</b>
<b>14</b>	<b>15</b> 11:00-12:00:(\$ Qigong 18 2:00-4:00: (FREE) Afternoon Tea Social (Spring Memory and Trivia Game) 4:15-5:15: (\$) Gentle Fitness	<b>16</b> 9:45-10:45:(\$ Gentle Yoga 12:00-1:00:(\$ 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	<b>17</b> 11:00-12:00:(\$ Tai Chi 12:00-1:00:(FREE) Elders Advisory Meeting 1:00-2:30:(FREE) Walking Group 4:15-5:15: (\$) Gentle Fitness	<b>18</b> 11:00-12:00:(\$ Funky Fitness 1:30-4:30:(FREE) Older Adults Games 7:00-8:45:(FREE) Knitting & Crochet Group	<b>19</b> <u>WNC Closed</u> 	<b>20</b> 
<b>21</b>	<b>22</b> <u>WNC Closed</u> 	<b>23</b> 9:45-10:45:(\$ Gentle Yoga 12:00-1:00:(\$ Fusion Gold 2:00-4:00:(FREE) Euchre and Bridge Games 4:00-5:00:(FREE) Women's Circle	<b>24</b> 11:00-12:00:(\$ Tai Chi 4:15-5:15: (\$) Gentle Fitness	<b>25</b> 11:00-12:00:(\$ Funky Fitness 1:30-4:30:(FREE) Older Adults Games 7:00-8:45:(FREE) Knitting & Crochet Group 	<b>26</b> 10:00-11:00:(\$ Gentle Yoga 11:00-12:30:(FREE) Studio 60 12:30-1:00:(FREE) Potluck + BDAY Celebration	<b>27</b> 12-2pm (FREE) Gourmet Grannies (REGISTRATION REQUIRED NO DROP-INS )
<b>28</b>	<b>29</b> 11:00-12:00:(\$ Qigong 18 2:00-4:00: (FREE) Afternoon Tea Social (BINGO) 4:15-5:15: (\$) Gentle Fitness	<b>30</b> 9:45-10:45:(\$ Gentle Yoga 12:00-1:00:(\$ 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	<b>WNC Seniors Program is funded in part by Province of Ontario Ministry for Seniors and Accessibility – Seniors Active Living Centres</b>		<u>Health Promotion Days</u> Be a Donor Month IBS Awareness Month National Oral Health Month World Health Day– 7th World Hemophilia Day–17th National Day of Mourning– 28th	We provide Information, support and referrals. By appointment only! 