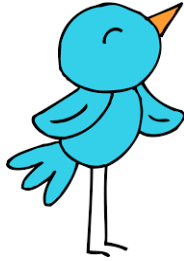





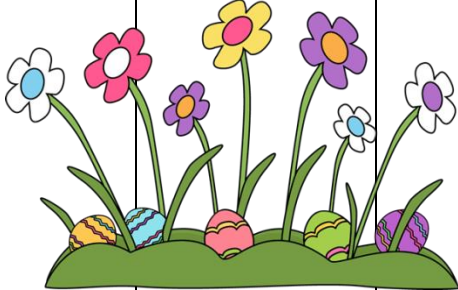


APRIL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Badminton 9:30-11:30AM
3 Gentle Exercise 9:45-10:30AM Mindfulness Meditation for Caregivers 1-3PM Barrier-Free Physical Activity 6-7PM	4 Gentle Exercise 10:30-11:15AM Adult Colouring 1:30-3PM Seniors Advisory Committee 1:30-3PM	5 Current Affairs 10-11:30AM Preventing Diabetes Refresher Course 10-12PM POW 1-3PM Spanish Senior Group 3-5PM	6 Gentle Exercise 10:30-11:15AM SAGE 2-4PM 	7 Good Food Box 1-7PM	8 Badminton 9:30-11:30AM
10 Gentle Exercise 9:45-10:30AM Mindfulness Meditation for Caregivers 1-3PM Barrier-Free Consumer Advisory Committee 2-4PM Barrier-Free Physical Activity 6-7PM	11 Gentle Exercise 10:30-11:15AM Adult Colouring 1:30-3PM WDAAG IT (closed group) 5:30-8PM	12 Current Affairs 10-11:30AM POW 1-3PM Spanish Senior Group 3-5PM Youth Advisory Committee 4:30-6PM	13 Gentle Exercise 10:30-11:15AM Bingo 1-3PM SAGE 2-4PM	14 	15  

<p>17 Gentle Exercise 9:45-10:30AM</p> <p>Barrier-Free Physical Activity 6-7PM</p> 	<p>18 Gentle Exercise 10:30-11:15AM</p> <p>Stitches of Love 11:30-1PM</p> <p>Adult Colouring 1:30-3PM</p>	<p>19 Diabetes Management 9-12PM</p> <p>Current Affairs 10-11:30AM</p> <p>POW 1-3PM</p> <p>Spanish Senior Group 3-5PM</p>	<p>20 Gentle Exercise 10:30-11:15AM</p> <p>SAGE 2-4PM</p>	<p>21 Mindfulness Meditation Drop-In 1:30-3PM</p> <p>Good Food Box 1-7PM</p>	<p>22 Badminton 9:30-11:30AM</p>
<p>24 Gentle Exercise 9:45-10:30AM</p> <p>Mindfulness Meditation for Caregivers 1-3PM</p> <p>Barrier-Free Physical Activity 6-7PM</p>	<p>25 Gentle Exercise 10:30-11:15AM</p> <p>Stitches of Love 11:30-1PM</p> <p>Adult Colouring 1:30-3PM</p>	<p>26 Diabetes Management 9-12PM</p> <p>Current Affairs 10-11:30AM</p> <p>POW 1-3PM</p> <p>Spanish Senior Group 3-5PM</p>	<p>27 Gentle Exercise 10:30-11:15AM</p> <p>SAGE 2-4PM</p>	<p>28 Good Food Box 1-7PM</p>	<p>29 Badminton 9:30-11:30AM</p> 

- Call Shoshanah Silverman at 416.486.8666 ext. 208 to inquire about the Diabetes Program.
- Call Monica Gordon to RSVP for the WDAAG IT (closed group) and to inquire about or register for SAGE, or Barrier-Free Physical Activity at 416.486.8666 ext. 228.
- Call Sasha Whiting at 416.486. 8666 ext. 299 to learn more about and register for the Gentle Exercise, Badminton, Current Affairs, Mindfulness Drop In, Adult Colouring, Back to Movement, Stitches of Love or Seniors Advisory Committee.

