




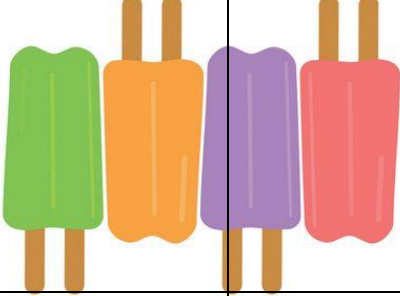

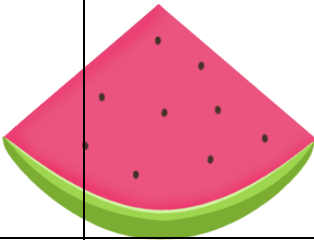
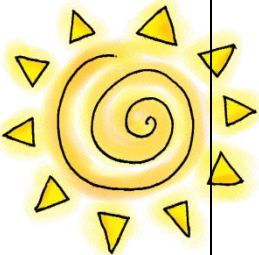


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			 CANADA 150		 1
 3	4 Gentle Exercise 10:30-11:15AM  Adult Colouring 1:30-3PM	5 Diabetes Management 9-12PM  Current Affairs 10-11:30AM  POW 1-3PM  Spanish Senior Group 3-5PM	6 Gentle Exercise 10:30-11:15AM  SAGE 2-4PM  	7 Bingo 1-3pm  Good Food Box 1-7PM	8 Badminton 9:30-11:30AM  Boccia Ball 1-2:30PM
10 Gentle Exercise 9:45-10:30AM  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 Diabetes Management 9-12PM  Current Affairs 10-11:30AM  POW 1-3PM  Spanish Senior Group 3-5PM	13 Gentle Exercise 10:30-11:15AM  SAGE 2-4PM	14	15 Badminton 9:30-11:30AM  Boccia Ball 1-2:30PM
17 Gentle Exercise 9:45-10:30AM  Barrier-Free Physical Activity 6-7PM	18 Gentle Exercise 10:30-11:15AM  Stitches of Love 11:30-1PM  Adult Colouring 1:30-3PM  Volunteer Recognition BBQ 3-5PM	19 Diabetes Prevention 9-12PM  Current Affairs 10-11:30AM  POW 1-3PM  Spanish Senior Group 3-5PM	20 Gentle Exercise 10:30-11:15AM  SAGE 2-4PM	21 Good Food Box 1-7PM	22 Badminton 9:30-11:30AM  Boccia Ball 1-2:30PM
					

<p><b>24</b> Gentle Exercise 9:45-10:30AM</p> <p>Barrier-Free Physical Activity 6-7PM</p>	<p><b>25</b> Gentle Exercise 10:30-11:15AM</p> <p>Stitches of Love 11:30-1PM</p> <p>Adult Colouring 1:30-3PM</p>	<p><b>26</b> Current Affairs 10-11:30AM</p> <p>POW 1-3PM</p> <p>Spanish Senior Group 3-5PM</p>	<p><b>27</b> Gentle Exercise 10:30-11:15AM</p> <p>SAGE 2-4PM</p>	<p><b>28</b></p> 	<p><b>29</b> Badminton 9:30-11:30AM</p> <p>Boccia Ball 1-2:30PM</p>
<p><b>21</b> Gentle Exercise 9:45-10:30AM</p> <p>Barrier-Free Physical Activity 6-7PM</p>					

- 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 IT (closed group) and to inquire about or register for SAGE or Barrier-Free Physical Activity.
- Call Josée Sovinsky at 416.486. 8666 ext. 215 to inquire about or register for Volunteer Advisory Committee, Youth Advisory Committee, TrailBlazers, Adult Colouring, Stitches of Love or any other volunteer activities.
- Call Sasha Whiting at 416.486. 8666 ext. 299 to learn more about and register for Gentle Exercise, Badminton, Current Affairs, or Seniors Advisory Committee.
- Call Anne Crasto at 416.486.8666 ext. 263 to learn more about and register for Barrier-Free Consumer Advisory Committee or Boccia Ball.

