

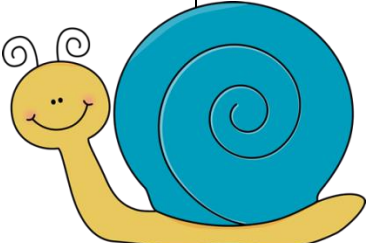


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> Gentle Exercise 10:30-11:15AM  SAGE 2-4PM	<b>2</b> Bingo 1-3PM	<b>3</b> Badminton 9:30-11:30AM  Boccia Ball 1-2:30PM
<b>5</b> Gentle Exercise 9:45-10:30AM  Mindfulness Meditation for Caregivers 1-3PM  Barrier-Free Physical Activity 6-7PM	<b>6</b> Gentle Exercise 10:30-11:15AM  Adult Colouring 1:30-3PM  Seniors Advisory Committee 1:30-3PM	<b>7</b> Diabetes Management 9-12PM  Current Affairs 10-11:30AM  POW 1-3PM  Spanish Senior Group 3-5PM	<b>8</b> Gentle Exercise 10:30-11:15AM  SAGE 2-4PM  	<b>9</b> Good Food Box 1-7PM	<b>10</b> Badminton 9:30-11:30AM  Boccia Ball 1-2:30PM
<b>12</b> Gentle Exercise 9:45-10:30AM  Barrier-Free Physical Activity 6-7PM  	<b>13</b> Gentle Exercise 10:30-11:15AM  Adult Colouring 1:30-3PM  WDAAG IT (closed group) 5:30-8PM	<b>14</b> Diabetes Management 9-12PM  Brain Boosters 10-11:30AM  Current Affairs 10-11:30AM  POW 1-3PM  Spanish Senior Group 3-5PM  Youth Employment Skills 4:30-6PM	<b>15</b> Gentle Exercise 10:30-11:15AM  SAGE 2-4PM	<b>16</b> Mindfulness Drop-In 1:30-3:00PM  WDAAG Movie Night 5-8PM (must RSVP to ext. 228)	<b>17</b> Badminton 9:30-11:30AM  Boccia Ball 1-2:30PM  

<p><b>19</b> Gentle Exercise 9:45-10:30AM</p> <p>Barrier-Free Physical Activity 6-7PM</p> <p>Barrier-Free Consumer Advisory Committee 2-4PM</p>	<p><b>20</b> Gentle Exercise 10:30-11:15AM</p> <p>Stitches of Love 11:30-1PM</p> <p>Adult Colouring 1:30-3PM</p> <p>TrailBlazers 4-5:30PM</p>	<p><b>21</b> Current Affairs 10-11:30AM</p> <p>POW 1-3PM</p> <p>Spanish Senior Group 3-5PM</p>	<p><b>22</b> Gentle Exercise 10:30-11:15AM</p> <p>SAGE 2-4PM</p>	<p><b>23</b> Good Food Box 1-7PM</p>	<p><b>24</b> Badminton 9:30-11:30AM</p> <p>Boccia Ball 1-2:30PM</p>
<p><b>26</b> Barrier-Free Physical Activity 6-7PM</p> <p>Note: Gentle Exercise Cancelled</p> 	<p><b>27</b> Gentle Exercise 10:30-11:15AM</p> <p>Stitches of Love 11:30-1PM</p> <p>Adult Colouring 1:30-3PM</p> <p>Volunteer Advisory Committee 4-5:30PM</p>	<p><b>28</b> Current Affairs 10-11:30AM</p> <p>POW 1-3PM</p> <p>Spanish Senior Group 3-5PM</p>	<p><b>29</b> Gentle Exercise 10:30-11:15AM</p> <p>SAGE 2-4PM</p>	<p><b>30</b></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) or WDAAG Movie Night and to inquire about or register for SAGE, or Barrier-Free Physical Activity at 416.486.8666 ext. 228.
- Call Josée Sovinsky at 416.486. 8666 ext. 215 to inquire about or register for Youth Employment Skills, Volunteer Advisory Committee, Youth Advisory Committee, TrailBlazers, Adult Colouring or any other volunteer activities.
- Call Sasha Whiting at 416.486. 8666 ext. 299 to learn more about and register for the Brain Boosters, Gentle Exercise, Badminton, Current Affairs, Mindfulness Drop In, Mindfulness Meditation for Caregivers, Stitches of Love 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.

