







March

2018

Yonge Site
 2398 Yonge Street
 Toronto, ON M4P 2H4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEGEND: 🌸 Drop-In – You can attend this group without registering ★ Registration required – You need to register with the appropriate staff member to attend this program 🚫 Closed Group – This group is currently not accepting new registrations			1 ★ Gentle Exercise 10:30-11:15AM ★ SAGE 2-4PM	2 🌸 Bingo 1-3PM ★ Fit For Life Exercise 2-3PM ★ Good Food Box 1-7PM	3 🌸 Badminton 9:30-11:30AM
5 ★ Gentle Exercise 9:45-10:30AM 🚫 Back to Movement 1:30-3PM ★ Barrier-Free Physical Activity 6-7PM	6 ★ Gentle Exercise 10:30-11:15AM 🌸 Adult Colouring 1:30-3PM ★ Seniors Advisory Committee 1:30-3PM	7 ★ Diabetes Management 9-12am ★ Fit For Life Exercise 10:30-11:30am 🌸 Current Affairs 10-11:30AM 🚫 POW 1-3PM 🚫 Living Life To The Full 1:30-3PM 🌸 Spanish Senior Group 3-5PM	8 ★ Gentle Exercise 10:30-11:15AM ★ SAGE 2-4PM 	9 ★ Fit For Life Exercise 2-3PM	10 🌸 Badminton 9:30-11:30AM  Move your clocks forward 1 hour on March 11!
12 ★ Gentle Exercise 9:45-10:30AM 🚫 Back to Movement 1:30-3PM ★ Barrier-Free Consumer Advisory Committee 2-4PM ★ Barrier-Free Physical Activity 6-7PM	13 ★ Gentle Exercise 10:30-11:15AM 🌸 Adult Colouring 1:30-3PM 🚫 WDAAG IT 5:30-8pm	14 ★ Diabetes Management 9-12am 🌸 Current Affairs 10-11:30AM ★ Fit For Life Exercise 10:30-11:30am 🚫 POW 1-3PM 🚫 Living Life To The Full 1:30-3PM 🌸 Spanish Senior Group 3-5PM	15 ★ Gentle Exercise 10:30-11:15AM ★ SAGE 2-4PM	16 ★ Strong and Steady 10-1PM ★ Fit For Life Exercise 2-3PM ★ Good Food Box 1-7PM ★ WDAAG Movie Night 5-8PM	17 🌸 Badminton 9:30-11:30AM 

<p>19 ★ Gentle Exercise 9:45-10:30AM</p> <p>🔔 Back to Movement 1:30-3PM</p> <p>★ Barrier-Free Physical Activity 6-7PM</p>	<p>20 ★ 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>21 🌸 Current Affairs 10-11:30AM</p> <p>★ Fit For Life Exercise 10:30-11:30am</p> <p>🔔 POW 1-3PM</p> <p>🌸 Spanish Senior Group 3-5PM</p>	<p>22 ★ Gentle Exercise 10:30-11:15AM</p> <p>★ Food as Self-Care Workshop 1-2:30PM</p> <p>★ SAGE 2-4PM</p>	<p>23 ★ Strong and Steady 10-11AM</p> <p>★ Fit For Life Exercise 2-3PM</p>	<p>24 🌸 Badminton 9:30-11:30AM</p>
<p>26 ★ Gentle Exercise 9:45-10:30AM</p> <p>🔔 Trailblazer 4-5PM</p> <p>★ Barrier-Free Physical Activity 6-7PM</p>	<p>27 ★ Gentle Exercise 10:30-11:15AM</p> <p>🌸 Stitches of Love 11:30-1PM</p> <p>🌸 Adult Colouring 1:30-3PM</p>	<p>28 🌸 Current Affairs 10-11:30AM</p> <p>★ Diabetes Prevention 9-12am</p> <p>★ Fit For Life Exercise 10:30-11: 30am</p> <p>🔔 POW 1-3PM</p> <p>🌸 Spanish Senior Group 3-5PM</p>	<p>29 ★ Gentle Exercise 10:30-11:15AM</p> <p>★ SAGE 2-4PM</p>	<p>30</p> 	<p>31</p> 
<p style="text-align: center;">March is Nutrition Month!</p> <p style="text-align: center;">Stay tuned for food sampling, recipes & more!</p> 					

WHO TO CONTACT:

- **Anne at 416.486.8666 ext. 263** to learn about and register for Strong and Steady, the Barrier-Free Consumer Advisory Committee, Boccia Ball
- **Shoshanah at 416.486.8666 ext 208** to register for Diabetes Management Program or the Food as Self-Care Workshop
- **Josée at 416.486. 8666 ext 215** to inquire or register for Adult Colouring, Bingo, Good Food Box, Trailblazer, Volunteer Advisory Committee, or any other volunteer activities
- **Lucy at 416.486.8666 ext 226** to inquire or RSVP for WDAAG, Movie Nights and POW
- **Monica at 416.486.8666 ext 228** to register for the Barrier-Free Physical Activity program
- **Sasha at 416.486. 8666 ext 299** to learn more about and register for the Back to Movement program, Badminton, Current Affairs, Fit for Life Exercise, Gentle Exercise, Living Life to The Full, Stitches of Love Knitting Group, and the Seniors Advisory Committee

