

Programming Calendars,

September 2021

SPECIAL PROGRAMS

EVERY WEEK PROGRAMMING

SUN.	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	MON.	TUE.	WED.	THURS.	FRI.	SAT.
			01	02	03	04		11:30 AM - (Zoom) Healthy Bones	9:30 AM - (Zoom) Spanish Club - Beginners OR Advanced -	11:30 AM - (Zoom) Stretch n' Strength	10:00 AM - (Outdoor) Walking Group	10:30 AM - (Zoom) Word Games	
								1:00 PM - (Zoom) TED Talks	1:15 PM - (Phone) Book Club	1:00 PM - (Zoom) Coffee & Chat	1:00 PM - (Zoom) Mindful Daily Living	2:15 PM - (Phone) You Be The Judge	
								2:15 PM - (Phone) Trivia	- OR - 2:15 PM - (Phone) Name That Tune	2:15 PM - (Phone) Biography	2:15 PM - (Phone) Storytelling	2:30 PM - (Zoom) Chair Yoga	
									2:30 PM - (Zoom) Better Balance	2:30 PM - (Zoom) Integration Of Strength			
									2:30 PM - (Zoom) Pilates				
SUN.	MON.	TUE.	WED.	THURS.	FRI.	SAT.	SUN.	MON.	TUE.	WED.	THURS.	FRI.	SAT.
05	06 LABOUR DAY THE CENTRE IS CLOSED	07 9:30 AM - (Zoom) Spanish Club (Beginners) 2:15 PM - (Phone) Name That Tune	08	09 10:30 AM - (Zoom) Bank of Canada Museum: A Noteworthy Woman	10	11							
12	13 2:30 PM - (Zoom) You and The Road: Continuing to Drive	14 9:30 AM - (Zoom) Spanish Club (Advanced) 1:15 PM - (Phone) Book Club	15 9:30 AM (Zoom/Phone) Legal Clinic 2:15 PM - (Phone) Bounce Back	16 10 AM - (Zoom) Bata Shoe Museum: All About Shoes	17	18							
19	20	21 9:30 AM - (Zoom) Spanish Club (Beginners) 2:15 PM - (Phone) Name That Tune	22 2:15 PM - (Phone)	23 10:30 AM - (Zoom) Better Home TO	24 2:15 PM - (Phone) Card Bingo	25							
26	27	28 9:30 AM - (Zoom) Spanish Club (Advanced) 1:15 PM - (Phone) Book Club	29	30 10 AM - (Zoom) Canadian Hearing Society									

*Call: 416 733.4111 - to register to any of our programs.