






















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		10am Sharing Dance 11am Arts & Crafts 1pm Karaoke & Dance 230pm Bingo  	10am Smartphone Support 11am Speak Up: Communication & Elder Abuse Workshop 1pm Stitchers Club 2pm Senior Exercise 3pm Senior Exercise  	1pm Music for Wellness 	1pm PGAF Lunch \$7 	
6	7	8	9	10	11	12
	CIVIC HOLIDAY CENTRE CLOSED	10am Sharing Dance 11am Arts & Crafts 1pm Karaoke & Dance 230pm Bingo  	10am Smartphone Support 11am Build Social Connectedness Workshop 1pm Stitchers Club 2pm Senior Exercise 3pm Senior Exercise 	1pm Music for Wellness 	11am Zumba 12pm Chair Yoga  	
13	14	15	16	17	18	19
 11am Second Harvest Pickup 2pm Senior Exercise 3pm Senior Exercise	10am Sharing Dance 11am Arts & Crafts 1pm Karaoke & Dance 230pm Bingo  	10am Smartphone Support 11am Walking Group 1pm Stitchers Club 2pm Senior Exercise 3pm Senior Exercise 	1pm Music for Wellness 			
20	21	22	23	24	25	26
 11am Second Harvest Pickup 2pm Senior Exercise 3pm Senior Exercise	10am Sharing Dance 11am Arts & Crafts 1pm Karaoke & Dance 230pm Bingo  	10am Smartphone Support 11am Walking Group 1pm Stitchers Club 2pm Senior Exercise 3pm Senior Exercise 	1pm Music for Wellness 	11am Zumba 12pm Chair Yoga 1pm PGAF Lunch \$7 		
27	28	29	30	31		
 11am Second Harvest Pickup 2pm Senior Exercise 3pm Senior Exercise	12pm Rankin Summer Lunch w TSHC & LA CENTRE 	10am Smartphone Support 11am Walking Group 1pm Stitchers Club 2pm Senior Exercise 3pm Senior Exercise 	1pm Music for Wellness 			



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			 10am Second Harvest Distribution 1pm Senior Exercise 2pm Stitches Club 3pm Karaoke & Dance	 	930am Walking Group 11am Workshop – Conflict Resolution: Mental Health Tools  1pm Arts & Crafts 230pm Bingo	
6	7	8	9	10	11	12
	CIVIC HOLIDAY CENTRE CLOSED		 10am Second Harvest Distribution 1pm Senior Exercise 2pm Stitches Club 3pm Karaoke & Dance	 	10am Chair Yoga 11am Workshop – Speak Up: Communication & Elder Abuse  1pm Zumba 230pm Bingo	
13	14	15	16	17	18	19
			 10am Second Harvest Distribution 1pm Senior Exercise 2pm Stitches Club 3pm Karaoke & Dance	 	1pm Doug Saunders Summer BBQ w TSHC & LA CENTRE 	
20	21	22	23	24	25	26
			 10am Second Harvest Distribution 1pm Senior Exercise 2pm Stitches Club 3pm Karaoke & Dance	 	10am Chair Yoga 11am Arts & Crafts / Table Games 1pm Zumba 230pm Bingo 	
27	28	29	30	31	September 1	
			 10am Second Harvest Distribution 1pm Senior Exercise 2pm Stitches Club 3pm Karaoke & Dance	 	930am Walking Group 11am Workshop – Making Repairs 1pm Arts & Crafts 230pm Bingo 