



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	CENTRE CLOSED	10am Smartphone Support 11am Arts & Crafts 1pm Karaoke & Dance 230pm Bingo	11am Walking Group 1pm Stitches Club 2pm Senior Exercise 3pm Senior Exercise		1pm PGAF Lunch \$7 	
9	10	11	12	13	14	15
11am Second Harvest Pickup 2pm Senior Exercise 3pm Senior Exercise	10am Smartphone Support 11am Arts & Crafts 1pm Karaoke & Dance 230pm Bingo	11am Walking Group 1pm Stitches Club 2pm Senior Exercise 3pm Senior Exercise		11am Senior Zumba 12pm Chair Yoga		
16	17	18	19	20	21	22
11am Second Harvest Pickup 2pm Senior Exercise 3pm Senior Exercise	New! 10am Sharing Dance 11am Arts & Crafts / Smartphone Support 1pm Karaoke & Dance 230pm Bingo	Fallsview Casino \$20 Bus departs 9:30AM ***Pre- Registration Required!***		1pm PGAF Lunch \$7 		
23	24	25	26	27	28	29
11am Second Harvest Pickup 2pm Senior Exercise 3pm Senior Exercise	10am Sharing Dance 11am Arts & Crafts / Smartphone Support 1pm Karaoke & Dance 230pm Bingo	11am Nutrition Presentation 1pm Stitches Club 2pm Senior Exercise 3pm Senior Exercise		 11am Senior Zumba 1pm Chair Yoga 		
30	31					
11am Second Harvest Pickup 2pm Senior Exercise 3pm Senior Exercise						



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	CENTRE CLOSED		 10am Second Harvest Distribution 1pm Senior Exercise  2pm Stitches Club 3pm Karaoke & Dance	10am Walking Group  1130am Games & Cards 1pm Arts & Crafts  230pm Bingo		
9	10	11	12	13	14	15
			 10am Second Harvest Distribution 1pm Senior Exercise 2pm Stitches Club  3pm Karaoke & Dance	10am Chair Yoga  1130am Games & Cards 1pm Zumba  230pm Bingo		
16	17	18	19	20	21	22
			 Fallsview Casino \$20 Bus departs 8:30AM ***Pre- Registration Required!***	 10am Second Harvest Distribution 1pm Senior Exercise  2pm Stitches Club 3pm Karaoke & Dance	10am Walking Group  1130am Games & Cards 1pm Arts & Crafts  230pm Bingo	
23	24	25	26	27	28	29
			 10am Second Harvest Distribution 1pm Senior Exercise  2pm Stitches Club 3pm Karaoke & Dance	10am Chair Yoga 11am Nutrition Presentation 1pm Zumba 230pm Bingo 		
30	31					

