



| Sunday | Monday  | Tuesday  | Wednesday  | Thursday                  | Friday  | Saturday |
|--------|---|--|--|---------------------------|---|----------|
|        |   |  |  |                           | 1   | 2        |
|        |   |  |  |                           | 12pm Chair Yoga   |          |
| 3      | 4   | 5  | 6  | 7                         | 8   | 9        |
|        | <b>LABOUR DAY<br/>CENTRE CLOSED</b>   | 10am ESL Lessons<br>11am Arts & Crafts<br>1pm Karaoke & Dance<br>230pm Bingo                                 | 10am Smartphone Support<br>1230pm Computer 101<br>2pm Seniors Exercise<br>3pm Seniors Exercise   | 1pm Music<br>for Wellness | 11am Brain Boost<br>Falls Prevention<br>1pm PGAF Seniors<br>Lunch \$7   |          |
| 10     | 11  | 12   | 13   | 14                        | 15  | 16       |
|        | 11am Second Harvest<br>1pm Stitchers Club<br>2pm Seniors Exercise<br>3pm Seniors Exercise<br>3pm Computer 101 | 10am ESL Lessons<br>11am Arts & Crafts<br>1pm Karaoke & Dance<br>230pm Bingo                                 | 10am Smartphone Support<br>11am Workshop – Mental<br>Health Tools<br>1230pm Computer 101<br>2pm Seniors Exercise<br>3pm Seniors Exercise |                           | <b>10am Chair Yoga</b>  |          |
| 17     | 18  | 19   | 20   | 21                        | 22  | 23       |
|        | 11am Second Harvest<br>1pm Stitchers Club<br>2pm Seniors Exercise<br>3pm Seniors Exercise<br>3pm Computer 101 | 10am ESL Lessons<br>11am Arts & Crafts<br><b>12pm Seniors Exercise</b><br>1pm Karaoke & Dance<br>230pm Bingo | 10am Smartphone Support<br>1230pm Computer 101   |                           | 11am Brain Boost<br>Falls Prevention<br><b>1230pm Seniors<br/>Exercise</b><br><b>2pm PGAF Seniors<br/>Lunch \$7</b> |          |
| 24     | 25  | 26   | 27   | 28                        | 29  | 30       |
|        | 11am Second Harvest<br>1pm Stitchers Club<br>2pm Seniors Exercise<br>3pm Seniors Exercise<br>3pm Computer 101 | 10am ESL Lessons<br>11am Arts & Crafts<br><b>12pm Seniors Exercise</b><br>1pm Karaoke & Dance<br>230pm Bingo | 10am Smartphone Support<br>11am Workshop – Diet &<br>Mental Health<br>1230pm Computer 101  |                           | <b>1230pm Seniors<br/>Exercise</b>  |          |



| Sunday | Monday                                  | Tuesday | Wednesday | Thursday   | Friday   | Saturday |
|--------|---|---------|-----------|--|--|----------|
|        |   |         |           |  | 1  | 2        |
|        |   |         |           |  | 10am Chair Yoga<br><b>11am Workshop – Making Repairs</b><br>1pm Arts & Crafts<br>230pm Bingo   |          |
| 3      | 4                                       | 5       | 6         | 7  | 8  | 9        |
|        | <b>LABOUR DAY<br/>CENTRE<br/>CLOSED</b> |         |           | 10am Second Harvest Distribution<br>1pm Seniors Exercise<br>2pm Stitches Club<br><b>3pm Computer 101</b> | <b>10am ESL Lessons</b><br><b>11am Table Games</b><br>1pm Brain Boost Falls Prevention<br><b>2pm Bingo</b><br><b>3pm Computer Class</b>              |          |
| 10     | 11                                      | 12      | 13        | 14   | 15   | 16       |
|        |   |         |           | 10am Second Harvest Distribution<br>1pm Seniors Exercise<br>2pm Stitches Club<br>3pm Computer 101        | <b>10am ESL Lessons</b><br><b>11am Workshop – Build Social<br/>Connectedness</b><br><b>12pm Chair Yoga</b><br><b>2pm Bingo</b><br>3pm Computer Class |          |
| 17     | 18                                      | 19      | 20        | 21   | 22   | 23       |
|        |   |         |           | 10am Second Harvest Distribution<br>1pm Seniors Exercise<br>2pm Stitches Club<br>3pm Computer 101        | <b>10am ESL Lessons</b><br><b>11am Table Games</b><br>1pm Brain Boost Falls Prevention<br><b>2pm Bingo</b><br>3pm Computer Class                     |          |
| 24     | 25                                      | 26      | 27        | 28   | 29   | 30       |
|        |   |         |           | 10am Second Harvest Distribution<br>1pm Seniors Exercise<br>2pm Stitches Club<br>3pm Computer 101        | <b>10am ESL Lessons</b><br><b>11am Table Games</b><br>1pm Arts & Crafts<br><b>2pm Bingo</b><br>3pm Computer Class                                    |          |