

September 2023 – **REVISED** Rankin - 55 Rankin



							1	2
						12pm Chair Yoga		
3	4		5	6	7		8	9
		10am ESL Lessons		10am Smartphone Support	1pm Music	11am Brain Boost		
	LABOUR DAY	11am Arts & Crafts		1230pm Computer 101	for Wellness	Falls Prevention		
	CENTRE CLOSED	1pm Karaoke & Dance		2pm Seniors Exercise		1pm PGAF Seniors		
	CENTRE CLOSED	230pm Bingo		3pm Seniors Exercise		Lunch \$7		
10	11		12	13	14		15	16
110	1am Second Harvest	10am ESL Lessons		10am Smartphone Support		10am Chair Yoga		
1p	pm Stitchers Club	11am Arts & Crafts		11am Workshop – Mental				
2p	pm Seniors Exercise	1pm Karaoke & Dance		Health Tools				
3p	3pm Seniors Exercise	230pm Bingo		1230pm Computer 101				
3p	3pm Computer 101			2pm Seniors Exercise				
				3pm Seniors Exercise				
17	18		19	20	21		22	23
110	1am Second Harvest	10am ESL Lessons		10am Smartphone Support		11am Brain Boost		
1p	pm Stitchers Club	11am Arts & Crafts		1230pm Computer 101		Falls Prevention		
2p	pm Seniors Exercise	12pm Seniors Exercise				1230pm Seniors		
3p	3pm Seniors Exercise	1pm Karaoke & Dance				Exercise		
Зр	3pm Computer 101	230pm Bingo				2pm PGAF Seniors Lunch \$7		
24	25		26	27	28	Ευτιστί ψ/	29	30
110	1am Second Harvest	10am ESL Lessons		10am Smartphone Support		1230pm Seniors		
1p	pm Stitchers Club	11am Arts & Crafts		11am Workshop – Diet &		Exercise		
2p	pm Seniors Exercise	12pm Seniors Exercise		Mental Health				
Зр	3pm Seniors Exercise	1pm Karaoke & Dance		1230pm Computer 101				
3p	3pm Computer 101	230pm Bingo						



September 2023 – **Revised**



Doug Saunders – 1775 Eglinton Ave W

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