	for Active Seniors	No				
nday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturdo
				1 2	3	
			10am Smartphone Support		Seniors Wellness Fair	
			11am Computer 101**		9:30am – 2:30pm	
			1pm PGAF Seniors Lunch \$7			
5	6	7		3 9	10	
- 🍋	្ភ1130am Second Harvest	10am ESL Lessons** 🔬 🕅 👳	10am Smartphone Support		11am Falls Prevention Brain	
	1pm Stitchers Club	11am Arts & Crafts 🏻 🏹	11am Computer 101**		Boost (formerly Zumba)	
0	2pm Seniors Exercise	12pm Seniors Exercise	130pm Movie Screening		1230pm Seniors Exercise	
77	3pm Seniors Exercise	230pm Bingo	the second s			
0	3pm Computer 101**	330pm Karaoke & Dance				
12	13	14	1	5 16	17	
-	a1130am Second Harvest	10am ESL Lessons**	10am Smartphone Support		11am Chair Yoga	
•	1pm Stitchers Club	11am Arts & Crafts	11am Computer 101**		1230pm Seniors Exercise	
NA	2pm Seniors Exercise	12pm Seniors Exercise	1pm PGAF Seniors			
	3pm Seniors Exercise	230pm Bingo	Lunch \$7			
300	3pm Computer 101**	330pm Karaoke & Dance				
19	20	21	2	2 23	24	
- @	a1130am Second Harvest	10am ESL Lessons**	10am Smartphone Support		11am Falls Prevention Brain	
	1pm Stitchers Club	11am Arts & Crafts	11am Computer 101**		Boost (formerly Zumba)	
	2pm Seniors Exercise	12pm Seniors Exercise	130pm Movie Screening		1230pm Seniors Exercise	
	3pm Seniors Exercise	230pm Bingo				
	3pm Computer 101**	330pm Karaoke & Dance	—82			
26	27	28	2'	9 30		
-[a1130am Second Harvest	10am ESL Lessons**	10am Smartphone Support			
ŝ	1pm Stitchers Club	11am Arts & Crafts	11am Computer 101**			
	2pm Seniors Exercise	12pm Seniors Exercise	130pm Movie Screening			
	3pm Seniors Exercise					
	3pm Computer 101**	330pm Karaoke & Dance				

	LA CENTRE for Active Seniors			ovember 202 Inders – 1775 Eglinton Av			
Sunday	Monday	Tuesday	Wednesday	Thursday		Friday	Saturday
			1		2	3	4
				10am Second Harvest Distribution 1pm Seniors Exercise 2pm Stitchers Club 3pm Computer 101**		Location Closed – Seniors Wellness Fair @ 55 Rankin Cr. 10am – 2:30pm	
5	6	7	8		9	10	11
				10am Second Harvest Distribution 1pm Seniors Exercise 2pm Stitchers Club 3pm Computer 101**		10am ESL Lessons** 11am Karaoke & Dance 1pm Falls Prevention Brain Boost 2pm Bingo 3pm Computer 101**	
12	13	14	15		16	17	18
				10am Second Harvest Distribution 1pm Seniors Exercise 2pm Stitchers Club 3pm Computer 101**		10am ESL Lessons**11am Karaoke & Dance1pm Chair Yoga2pm Bingo3pm Computer 101**	
19	20	21	22		23	24	25
				10am Second Harvest Distribution 1pm Seniors Exercise 2pm Stitchers Club 3pm Computer 101**	ist.	10am ESL Lessons**11am Karaoke & Dance1pm Falls Prevention Brain Boost2pm Bingo3pm Computer 101**	
26	27	28	29		30		
			-=	10am Second Harvest Distribution 1pm Seniors Exercise 2pm Stitchers Club 3pm Computer 101**		** Pre-registration is required to attend Computer 101 & ESL Lessons	