N N	LA CENTRE for Active Seniors December 2023 Rankin - 55 Rankin						
Sunday	Monday		Tuesday	Wednesday	Thursday	Friday	Saturday
						1	2
						1230pm Seniors Exercise	
						Å P	
3		4	5	6	7	8	9
- 🔔	Second Harvest		10am ESL Gingerbread	10am Smartphone Support		11am Falls Prevention Brain	
	1pm Stitchers Club		House Decorating**	& Coffee Time Games		Boost (formerly Zumba)	
	2pm Seniors Exercise		11am Arts & Crafts	11am Computer 101**		1230pm Seniors Exercise	
www.	3pm Seniors Exercise		12pm Seniors Exercise	1pm PGAF Seniors Lunch)•		
	3pm Computer 101**		230pm Bingo	\$7	•	10	
10		11	12	13	14	15	16
-			10am ESL Lessons**	12pm Holiday Party &		11am Chair Yoga	
	1pm Stitchers Club		11am Cookie Decorating	Stitchers Club Craft Exhibition		1230pm Seniors Exercise	
7	2pm Seniors Exercise		12pm Seniors Exercise	1¥"		LÅ TI	
	3pm Seniors Exercise 3pm Computer 101**		230pm Bingo 330pm Karaoke & Dance	7116		HY (V)	
17	·	18	19	20	21	22	23
		10	10am ESL Lessons**	10am Smartphone Support	21	11am Falls Prevention Brain	25
00	1pm Stitchers Club		11am Arts & Crafts	& Coffee Time Games		Boost (formerly Zumba)	
	2pm Seniors Exercise		12pm Seniors Exercise	11am Computer 101**		1230pm Seniors Exercise	
	3pm Seniors Exercise		230pm Christmas Bingo &				
	3pm Computer 101**		Photoshoot				
24	:	25	26	27	28	29	30
	Christmas Day Centre Closed		Boxing Day Centre Closed	Centre Closed	Centre Closed	Centre Closed	
**Pre-registration is required to attend Computer 101 and ESL Lessons							



December 2023

Doug Saunders – 1775 Eglinton Ave W



Sunday	Monday Tuesday		Wednesday	Thursday	Friday	Saturday
					1	2
	_	on is required to			10am ESL Lessons**	
	attend Comput	ter 101 and ESL			11am Karaoke & Table Games	
	Lessons				1pm Chair Yoga	
					2pm Bingo	
					3pm Computer 101 —	
3	4	5	6	7	8	9
			=		10am ESL Lessons**	
				DISTIDUTION	11am Cookie Decorating	
				1pm Seniors Exercise	1pm Falls Prevention Brain Boost	
				2pm Stitchers Club	(formerly Zumba)	
			7	3pm Computer 101**	2pm Bingo	
10	11	12	13	14	3pm Computer 101**	16
10	11	IZ				10
				10am Second Harvest 1pm Holiday Party & Stitchers	10am ESL Lessons** 11am Christmas Arts & Crafts	
				Club Craft Exhibition	1pm Chair Yoga	
				11. χ. r	2pm Christmas Bingo & Photoshoot	
				3.6	3pm Computer 101**	
17	18	19	20	21	22	23
17	10	12	= 0			20
				Distribution	10am ESL Gingerbread House Decorating**	
				1pm Seniors Exercise	11am Karaoke & Table Games	
				2pm Stitchers Club	1pm Falls Prevention Brain Boost	
			/ **	3pm Computer 101**	2pm Bingo	
					3pm Computer 101**	
24	25	26	27	28	29	30
	Christmas Day Boxing Day Centre Centre Closed Closed					
			Centre Closed	Centre Closed	Centre Closed	
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