

Monday	Tuesday	Wednesday	Thursday	Friday
<p>COLOUR LEGEND</p> <p> CAFÉ Program</p> <p> Alzheimer Society Program</p> <p><u>LINKS Included</u></p>	<p>1</p> <p>9:30-10:15 Chair Cardio & Tone</p>	<p>2</p> <p>10:30-11:45 Yoga with Tracy</p> <p>1:00-2:00 Drop In Knitting</p>	<p>3</p> <p>9:30-10:15 Chair Cardio & Tone</p> <p>10:00-11:00 Laughing Yoga</p>	<p>4</p> <p>9:30-12:00 Grab & Go Lunch Registration Required</p> <p>9:30-12:00 TRIVIA Day! Pick up your trivia sheet with your lunch for a chance to win a Prize!</p>
<p>7</p>  <p><i>Happy Labour day!</i></p>	<p>8</p> <p>9:00-9:20 Coffee and Chat</p> <p>9:30-10:15 Chair Cardio & Tone</p> <p>1:30-3:00</p> <p>Strengthen Your Mind</p>	<p>9</p> <p>10:30-11:45 Yoga with Tracy</p> <p>1:00-2:00 Drop In Knitting</p>	<p>10</p> <p>9:30-10:15 Chair Cardio & Tone</p> <p>10:00-11:00 Laughing Yoga</p> <p>1:30-3:00</p> <p>Strengthen Your Mind</p>	<p>11</p> <p>9:30-12:00 Grab & Go Lunch Registration Required</p> <p>9:30-12:00 TRIVIA Day! Pick up your trivia sheet with your lunch for a chance to win a Prize!</p>
<p>14</p> <p>9:00-9:45 Urban Pole Walking</p> <p>Meet at Seneca Park</p> <p>10:30-11:45 Yoga with Tracy</p>	<p>15</p> <p>9:00-9:20 Coffee and Chat</p> <p>9:30-10:15 Chair Cardio & Tone</p> <p>1:30-3:00</p> <p>Strengthen Your Mind</p>	<p>16</p> <p>10:30-11:45 Yoga with Tracy</p> <p>1:00-2:00 Drop In Knitting</p>	<p>17</p> <p>9:30-10:15 Chair Cardio & Tone</p> <p>10:00-11:00 Laughing Yoga</p> <p>1:30-3:00</p> <p>Strengthen Your Mind</p>	<p>18</p> <p>9:30-12:00 Grab & Go Lunch Registration Required</p> <p>9:30-12:00 TRIVIA Day! Pick up your trivia sheet with your lunch for a chance to win a Prize!</p>
<p>21</p> <p>9:00-9:45 Urban Pole Walking</p> <p>Meet at Seneca Park</p> <p>10:30-11:45 Yoga with Tracy</p>	<p>22</p> <p>9:00-9:20 Coffee and Chat</p> <p>9:30-10:15 Chair Cardio & Tone</p> <p>1:30-3:00</p> <p>Strengthen Your Mind</p>	<p>23</p> <p>10:30-11:45 Yoga with Tracy</p> <p>1:00-2:00 Drop In Knitting</p> <p>1:30-2:30 What is Laughter Yoga & Wellness</p>	<p>24</p> <p>9:30-10:15 Chair Cardio & Tone</p> <p>10:00-11:00 Laughing Yoga</p> <p>1:30-3:00</p> <p>Strengthen Your Mind</p>	<p>25</p> <p>9:30-12:00 Grab & Go Lunch Registration Required</p> <p>9:30-12:00 TRIVIA Day! Pick up your trivia sheet with your lunch for a chance to win a Prize!</p>
<p>28</p> <p>9:00-9:45 Urban Pole Walking</p> <p>Meet at Seneca Park</p> <p>10:30-11:45 Yoga with Tracy</p>	<p>29</p> <p>9:00-9:20 Coffee and Chat</p> <p>9:30-10:15 Chair Cardio & Tone</p> <p>1:30-3:00</p> <p>Strengthen Your Mind</p>	<p>30</p> <p>10:30-11:45 Yoga with Tracy</p> <p>12:00-12:45 Book Club Meeting</p> <p>1:00-2:00 Drop In Knitting</p>		