

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>10:00-11:00 Laughing Yoga</p>	<p>2</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>5</p> <p>9:00-9:45 Urban Pole Walking Meet at Seneca Park</p> <p>10:30-11:45 Yoga with Tracy</p> <p>11:00-12:00 Minds in Motion</p>	<p>6</p> <p>9:00-9:20 Coffee and Chat</p> <p>9:30-10:15 Chair Cardio & Tone</p> <p>1:30-3:00 Strengthen Your Mind</p>	<p>7</p> <p>10:30-11:45 Yoga with Tracy</p> <p>10:30 Forever Fall Arrangement \$25 Horticultural Workshop </p> <p>1:00-2:00 Drop In Knitting</p>	<p>8</p> <p>9:30-10:15 Chair Cardio & Tone</p> <p>10:00-11:00 Laughing Yoga</p> <p>1:00-1:45 Spanish 101</p> <p>1:30-3:00 Strengthen Your Mind</p>	<p>9</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>12</p> <p>9:00-9:45 Urban Pole Walking Meet at Seneca Park</p> <p>10:30-11:45 Yoga with Tracy</p> <p>11:00-12:00 Minds in Motion</p>	<p>13</p> <p>9:00-9:20 Coffee and Chat</p> <p>9:30-10:15 Chair Cardio & Tone</p> <p>1:30-3:00 Strengthen Your Mind</p>	<p>14</p> <p>10:30-11:45 Yoga with Tracy</p> <p>10:30-12:00 Minds in Motion</p> <p>1:00-2:00 Drop In Knitting</p>	<p>15</p> <p>9:30-10:15 Chair Cardio & Tone</p> <p>10:00-11:00 Laughing Yoga</p> <p>12:00-1:30 Tech Help-30 mins Registration Required</p> <p>1:30-3:00 Strengthen Your Mind</p>	<p>16</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>19</p> <p>9:00-9:45 Urban Pole Walking Meet at Seneca Park</p> <p>10:30-11:45 Yoga with Tracy</p> <p>11:00-12:00 Minds in Motion</p>	<p>20</p> <p>9:00-9:20 Coffee and Chat</p> <p>9:30-10:15 Chair Cardio & Tone</p> <p>11:00-12:00 Together Apart</p>	<p>21</p> <p>10:30-11:45 Yoga with Tracy</p> <p>10:30-12:00 Minds in Motion</p> <p>1:00-2:00 Drop In Knitting</p>	<p>22</p> <p>9:30-10:15 Chair Cardio & Tone</p> <p>10:00-11:00 Laughing Yoga</p> <p>1:00-1:45 Spanish 101</p>	<p>23</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>26</p> <p>9:00-9:45 Urban Pole Walking Meet at Seneca Park</p> <p>10:30-11:45 Yoga with Tracy</p> <p>11:00-12:00 Minds in Motion</p>	<p>27</p> <p>9:00-9:20 Coffee and Chat</p> <p>9:30-10:15 Chair Cardio & Tone</p> <p>12:00-12:45 Book Club Meeting</p>	<p>28</p> <p>10:30-11:45 Yoga with Tracy</p> <p>10:30-12:00 Minds in Motion</p> <p>1:00-2:00 Drop In Knitting</p>	<p>29</p> <p>9:30-10:15 Chair Cardio & Tone</p> <p>10:00-11:00 Laughing Yoga</p> <p>12:00-1:30 Tech Help-30 mins Registration Required</p>	<p>30</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>