

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>COLOUR LEGEND CAFÉ Program Alzheimer Society Program LINKS Included</p>	<p>1 9:00-9:20 Coffee and Chat 9:30-10:15 Chair Cardio & Tone 1:00-2:00 Food Fit</p>	<p>2 10:30-11:45 Yoga with Tracy 10:30-12:00 Minds in Motion 1:00-2:00 Drop In Knitting</p>	<p>3 9:30-10:15 Chair Cardio & Tone 10:00-11:00 Laughing Yoga 11:00-12:00 Tech Help-30 mins Registration Required</p>	<p>4 9:30-12:00 Grab & Go Lunch Registration Required 9:30-12:00 TRIVIA Day! Pick up your trivia sheet with your lunch for a chance to win a Prize!</p>
<p>7 9:00-9:45 Urban Pole Walking Meet at Seneca Park 10:30-11:45 Yoga with Tracy 11:00-12:00 Minds in Motion</p>	<p>8 9:00-9:20 Coffee and Chat 9:30-10:15 Chair Cardio & Tone 1:00-2:00 Food Fit</p>	<p>9 10:30-11:45 Yoga with Tracy 10:30-12:00 Minds in Motion 1:00-2:00 Drop In Knitting</p>	<p>10 9:30-10:15 Chair Cardio & Tone 10:00-11:00 Laughing Yoga 12-12:30 Spanish 101 1:00-2:00 Food Fit</p>	<p>11 9:30-12:00 Grab & Go Lunch Registration Required 9:30-12:00 TRIVIA Day! Pick up your trivia sheet with your lunch for a chance to win a Prize!</p>
<p>14 9:00-9:45 Urban Pole Walking Meet at Seneca Park 10:30-11:45 Yoga with Tracy 11:00-12:00 Minds in Motion</p>	<p>15 9:00-9:20 Coffee and Chat 9:30-10:15 Chair Cardio & Tone</p>	<p>16 10:30-11:45 Yoga with Tracy 10:30-12:00 Minds in Motion 1:00-2:00 Drop In Knitting</p>	<p>17 9:30-10:15 Chair Cardio & Tone 10:00-11:00 Laughing Yoga 11:00-12:00 Tech Help-30 mins Registration Required</p>	<p>18 9:30-12:00 Grab & Go Lunch Registration Required 9:30-12:00 TRIVIA Day! Pick up your trivia sheet with your lunch for a chance to win a Prize!</p>
<p>21 9:00-9:45 Urban Pole Walking Meet at Seneca Park 10:30-11:45 Yoga with Tracy 11:00-12:00 Minds in Motion</p>	<p>22 9:00-9:20 Coffee and Chat 9:30-10:15 Chair Cardio & Tone</p>	<p>23 10:30-11:45 Yoga with Tracy 10:30-12:00 Minds in Motion 11:00-12:00 Drop In Knitting</p>	<p>24 9:30-10:15 Chair Cardio & Tone</p> 	<p>25</p> 
	<p>29 9:00-9:20 Coffee and Chat 9:30-10:15 Chair Cardio & Tone</p>	<p>30 10:30-11:45 Yoga with Tracy 11:00-12:00 Drop In Knitting</p>	<p>31 9:30-10:15 Chair Cardio & Tone</p> 	