

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



LA Centre for Active Living
For adults 55+

1
11:00
Stretch & Balance
1:00
Bingo
3:00
Yoga Therapy

2
9:30 – 11:30
Ping Pong Class
2:00 Exercise Class

3
11:00
Stretch & Balance
**12:00
BBQ Lunch!!!!
55 Rankin - Backyard**

4
9:30 – 11:30
Ping Pong Class



6
**Labor Day
NO PROGRAMS**

7
**Labor Day
NO PROGRAMS**

8
11:00
Stretch & Balance
1:00
Bingo
3:00
Yoga Therapy

9
9:30 – 11:30
Ping Pong Class
**12:30-2:30 OSSCO
Computer Class
with Samantha
12:00 Movie**
2:00 Exercise Class

10
11:00
Stretch & Balance

11
9:30 – 11:30
Ping Pong Class
**1:00pm
Educational
Presentation:
Oral Health!**



13
**Second Harvest
45 min after delivery
12:00
WTSS Lunch \$4.00**
2:00
Exercise Class

14
**Second Harvest
45 min after delivery
12:00
WTSS Lunch \$4.00**
2:00
Exercise Class

15
11:00
Stretch & Balance
1:00
Bingo
3:00
Yoga Therapy

16
9:30 – 11:30
Ping Pong Class
**12:30-2:30 OSSCO
Computer Class
with Samantha
12:00 Movie**
2:00 Exercise Class

17
11:00
Stretch & Balance

18
9:30 – 11:30
Ping Pong Class
**OUTING:
Dinner & Show
5:30-10:30
See office for
more information**

19
**9:30-11:30
12:30-2:30
OSSCO
Computer Class
with Gerald**

20
**Second Harvest
45 min after delivery
10:00
Cooking Class
2:00
Exercise Class**

21
**Second Harvest
45 min after delivery
10:00
Cooking Class
2:00
Exercise Class**

22
11:00
Stretch & Balance
1:00
Bingo
3:00
Yoga Therapy

23
9:30 – 11:30
Ping Pong Class
**12:30-2:30 OSSCO
Computer Class
with Samantha
12:00 Movie**
2:00 Exercise Class
Autumn Begins
Yom Kippur

24
11:00
Stretch & Balance
**11:00
Fall Corn Roast
& Ontario
Corn Sale**

25
9:30 – 11:30
Ping Pong Class
**12:30
Parkdale Lunch
\$5.00**

26
**9:30-11:30
12:30-2:30
OSSCO
Computer Class
with Gerald**

27
**Second Harvest
45 min after delivery
10:00
Cooking Class
2:00
Exercise Class**

28
**Second Harvest
45 min after delivery
10:00
Cooking Class
2:00
Exercise Class**

29
11:00
Stretch & Balance
1:00
Bingo
3:00
Yoga Therapy

30
9:30 – 11:30
Ping Pong Class
**12:30-2:30 OSSCO
Computer Class
with Samantha
12:00 Movie**
2:00 Exercise Class

September 2015
Computer Lab open daily 10:00-2:00pm