




# LA CENTRE ~ July 2019 ~ All Locations

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Canada Day Centre Closed	2 Zumba Rankin 10:00 WTSS 10:30	3 Rankin Ping Pong 9:30 HP Pole Walking 9:45 Exercise 2:00 Yoga 3:00	4 DS – Second Harvest Zumba WTSS 10:30 WTSS Community Lunch 12:00 DS - Zumba 12:00 DS Bingo 1:30	5 Rankin Ping Pong 9:30 DS Community Lunch 12:30 DS Table Games 1:30	6 Computers with Sara 9:30 to 11:30 Or 12:30 to 2:30
7	8 Rankin Second Harvest Cooking 10:00 Exercise 2:00 Yoga 3:00	9 Zumba Rankin 10:00 WTSS 10:30 Nagat Glycemic Talks 1:30	10 Rankin HP Pole Walking 9:45 Ping Pong 9:30 Exercise 2:00 Yoga 3:00	11 DS – Second Harvest Zumba WTSS 10:30 WTSS Community Lunch 12:00 DS - Zumba 12:00 DS Bingo 1:30	12 Rankin Ping Pong 9:30 Rankin Community Lunch 12:30 Rankin Bingo 1:30-3:30	13 Computers with Sara 9:30 to 11:30 Or 12:30 to 2:30
14	15 Rankin Second Harvest Cooking 10:00 Exercise 2:00 Yoga 3:00	16 Zumba Rankin 10:00 WTSS 10:30 Arts & Crafts Rankin 1:30	17 Rankin Ping Pong 9:30 Picnic at the Lake 10:00 Exercise 2:00 Yoga 3:00	18 DS – Second Harvest Zumba WTSS 10:30 WTSS Community Lunch 12:00 DS-Zumba 12:00 DS - Bingo 1:30	19 Rankin Ping Pong 9:30 DS Community Lunch 12:30 DS Table Games 1:30	20 Computers with Sara 9:30 to 11:30 Or 12:30 to 2:30
21	22 Rankin Second Harvest Cooking 10:00 Exercise 2:00 Yoga 3:00	23 Zumba Rankin 10:00 WTSS 10:30 Rankin Outside Table Game 2:00	24 Rankin Ping Pong 9:30 HP Pole Walking 9:45 Exercise 2:00 Yoga 3:00	25 DS – Second Harvest Zumba WTSS 10:30 WTSS Community Lunch 12:00 DS-Zumba 12:00 DS - Bingo 1:30	26 Rankin Ping Pong 9:30 Rankin Community Lunch 12:30 Rankin Bingo 1:30-3:30	27 Computers with Sara 9:30 to 11:30 Or 12:30 to 2:30
28	29 Rankin Second Harvest Cooking 10:00 Exercise 2:00 Yoga 3:00	30 Dundurn Castle Trip 9:00am  Zumba Rankin 10:00 WTSS 10:30	31 Rankin Ping Pong 9:30 HP Pole Walking 9:45 Exercise 2:00 Yoga 3:00  Vasco's Retirement Party 11:30 to 1:30			

Rankin—55 Rankin Crescent

WTSS—1709 Bloor Street West

DS—1775 Eglinton Ave West