




LA Centre for Seniors ~ August 2019 ~All Locations

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				¹ DS – Second Harvest Zumba with Julia WTSS 10:30 WTSS Community Lunch 12:00 Zumba with Xiomara 12:00 Meditation with Nyoka 1:00 DS Bingo 1:30	² Rankin Ping Pong 9:30 DS Community Lunch 12:30 DS Table Games 2:00	³ Computers with Sara 9:30 to 11:30 Or 12:30 to 2:30
4	⁵ Civic Holiday Center Closed	⁶ Ward Island 50's week Day trip 9:30 Sign Up Required Zumba with Xiomara 10am Zumba with Julia WTSS 10:30	⁷ Rankin Ping Pong 9:30 HP Pole walking 9:45 Exercise 2:00 Yoga 3:00 Outside Table Games 3:00	⁸ DS – Second Harvest Zumba with Julia WTSS 10:30 WTSS Community Lunch 12:00 Zumba with Xiomara 12:00 Meditation with Nyoka 1:00 DS Bingo 1:30	⁹ Rankin Ping Pong 9:30 Rankin Community Lunch 12:30 Bingo 2:00-3:30	¹⁰ Computers with Sara 9:30 to 11:30 Or 12:30 to 2:30
11	¹² Rankin Second Harvest Cooking 10:00 Exercise 2:00 Yoga 3:00	¹³ Zumba with Xiomara Rankin 10:00 Meditation with Nyoka 11:00 Zumba with Julia WTSS 10:30 Bingo 1:30 to 3:30	¹⁴ Rankin Ping Pong 9:30 HP Pole walking 9:45 Exercise 2:00 Yoga 3:00 Summer Craft 2:00 Rankin Back Garden	¹⁵ DS – Second Harvest Zumba with Julia WTSS 10:30 WTSS Community Lunch 12:00 Zumba with Xiomara 12:00 Meditation with Nyoka 1:00 DS Bingo 1:30	¹⁶ Rankin Ping Pong 9:30 DS Community Lunch 12:30 DS Table Games 2:00	¹⁷ Computers with Sara 9:30 to 11:30 Or 12:30 to 2:30
18	¹⁹ Rankin Second Harvest Cooking 10:00 Exercise 2:00 Yoga 3:00	²⁰ Miss Midland Boat Cruise 7:30am Sign Up Required Zumba with Xiomara Rankin 10:00 Zumba with Julia WTSS 10:30	²¹ Rankin Ping Pong 9:30 HP Pole walking 9:45 Exercise 2:00 Yoga 3:00 Outside Table Games 3:00	²² DS – Second Harvest Zumba with Julia WTSS 10:30 WTSS Community Lunch 12:00 Zumba with Xiomara 12:00 Meditation with Nyoka 1:00 DS Bingo 1:30	²³ Rankin Ping Pong 9:30 Table Games 11:00 Blood Pleasure Talks 1:30	²⁴ Computers with Sara 9:30 to 11:30 Or 12:30 to 2:30
25	²⁶ Rankin Second Harvest Cooking 10:00 Exercise 2:00 Yoga 3:00	²⁷ Zumba with Xiomara Rankin 10:00 Staff off Site	²⁸ Rankin Ping Pong 9:30 HP Pole Walking 9:45 Exercise 2:00 Yoga 3:00	²⁹ DS – Second Harvest Zumba with Julia WTSS 10:30 WTSS Community Lunch 12:00 Zumba with Xiomara 12:00 DS Bingo 1:30	³⁰ Rankin Ping Pong Rankin Community Lunch 12:30 Rankin Table Games 1:30 to 3:30	³¹ Computers with Sara 9:30 to 11:30 Or 12:30 to 2:30

Rankin—55 Rankin Crescent

WTSS—1709 Bloor Street West

DS—1775 Eglinton Ave West