

LA Centre for Seniors ~ October 2019 ~ All Locations

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 Zumba with Xiomara Rankin 10:00 Zumba with Julia WTSS 10:30</p>	<p>2 Rankin Ping Pong 9:30 HP Pole walking 9:45 Exercise 2:00 Yoga 3:00</p>	<p>3 DS – Second Harvest Zumba with Julia WTSS 10:30 WTSS Community Lunch Gardening 12:00 DS Bingo 1:30</p>	<p>4 Rankin Ping Pong 9:30 DS Community Lunch 12:30 DS Table Games 2:00</p>	<p>5 TRIP to St. Jacob's Sign up required Computers with Sara 9:30 to 11:30 Or 12:30 to 2:30</p>
<p>6 Rankin Second Harvest Cooking 10:00 Exercise 2:00 Yoga 3:00</p>	<p>7 Zumba with Xiomara Rankin 10:00 Zumba with Julia WTSS 10:30</p>	<p>8 Rankin Ping Pong 9:30 HP Pole walking 9:45 Exercise 2:00 Yoga 3:00</p>	<p>9 DS – Second Harvest Zumba with Julia WTSS 10:30 WTSS Community Lunch 12:00 Zumba with Xiomara 12:00 DS Bingo 1:30</p>	<p>10 Rankin Ping Pong 9:30 Rankin Thanksgiving Community Lunch 12:00 Bingo 2:00-3:30</p>	<p>11 Closed Thanksgiving Holiday</p>
<p>13 Closed Thanksgiving Holiday</p>	<p>14 Zumba with Xiomara Rankin 10:00 Zumba with Julia WTSS 10:30 Rankin Arts and Crafts 2:00</p>	<p>15 Rankin Ping Pong 9:30 HP Pole walking 9:45 Exercise 2:00 Yoga 3:00 Flash Bingo 3:00</p>	<p>16 DS – Second Harvest Zumba with Julia WTSS 10:30 WTSS Community Lunch 12:00 Zumba with Xiomara 12:00 DS Bingo 1:30</p>	<p>17 Rankin Ping Pong 9:30 DS Thanksgiving Community Lunch 12:30 DS Table Games 2:00</p>	<p>18 Computers with Sara 9:30 to 11:30 Or 12:30 to 2:30</p>
<p>20 Rankin Second Harvest Cooking 10:00 Exercise 2:00 Yoga 3:00</p>	<p>21 Zumba with Xiomara 77 Rankin 10:00 Zumba with Julia WTSS 10:30 ShareLife Seminarian Visit 10am @ 55 Rankin Cres Recreation Room</p>	<p>22 Rankin Ping Pong 9:30 HP Pole walking 9:45 Exercise 2:00 Yoga 3:00</p>	<p>23 DS – Second Harvest Zumba with Julia WTSS 10:30 WTSS Community Lunch 12:00 Zumba with Xiomara 12:00 DS Bingo 1:30</p>	<p>24 Rankin Ping Pong 9:30 Rankin Community Lunch 12:30 Bingo 2:00-3:30</p>	<p>25 Computers with Sara 9:30 to 11:30 Or 12:30 to 2:30</p>
<p>27 Rankin Second Harvest Cooking 10:00 Exercise 2:00 Yoga 3:00</p>	<p>28 Zumba with Xiomara Rankin 10:00 Zumba with Julia WTSS 10:30</p>	<p>29 Rankin Ping Pong 9:30 Zumba with Julia WTSS 10:30 Halloween Dance 7-9pm 55 Rankin Crescent Costumes Encouraged</p>	<p>30 DS – Second Harvest Zumba with Julia WTSS 10:30 WTSS Community Lunch 12:00 Zumba with Xiomara 12:00 DS Bingo 1:30</p>		

Rankin—55 Rankin Crescent

WTSS—1709 Bloor Street West

DS—1775 Eglinton Ave West