





LA Centre for Seniors ~ September 2019 ~ All Locations

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labour Day Center Closed	3 Sweet Potato Pie Baking 10:00 Bingo with Pie & Tea 1:30 - 3:30	4 Rankin Ping Pong 9:30 HP Pole walking 9:45 Exercise 2:00 Yoga 3:00 Games 3:00	5 DS – Second Harvest WTSS Community Lunch Zumba with Xiomara 12:00 Gardening 12:00 DS Bingo 1:30	6 Rankin Ping Pong 9:30 DS Community Lunch 12:30 DS Table Games 2:00	7 Computers with Sara 9:30 to 11:30 Or 12:30 to 2:30
8	9 Rankin Second Harvest Cooking 10:00 Exercise 2:00 Yoga 3:00	10 Rankin Zumba with Xiomara 10:00 Rankin Arts and Crafts 2:00-3:30	11 Rankin Ping Pong 9:30 HP Pole walking 9:45 Lunch@Runnymede HC Exercise 2:00 Yoga 3:00	12 DS – Second Harvest WTSS Community Lunch Gardening 12:00 Zumba with Xiomara 12:00 DS Bingo 1:30	13 Rankin Ping Pong 9:30 Rankin Community Lunch 12:30 Bingo 2:00-3:30	14 Computers with Sara 9:30 to 11:30 Or 12:30 to 2:30
15	16 Rankin Second Harvest Cooking 10:00 Exercise 2:00 Yoga 3:00	17 Zumba with Xiomara Rankin 10:00 Zumba with Julia WTSS 10:30 Woodstock Matinee Movie: 1:30-3:00	18 Rankin Ping Pong 9:30 HP Pole walking 9:45 Exercise 2:00 Yoga 3:00 Bingo 3:00	19 DS – Second Harvest Zumba with Julia WTSS 10:30 WTSS Community Lunch 12:00 Zumba with Xiomara 12:00 DS Bingo 1:30	20 Rankin Ping Pong 9:30 DS Community Lunch 12:30 DS Table Games 2:00	21 Computers with Sara 9:30 to 11:30 Or 12:30 to 2:30
22	23 Rankin Second Harvest Cooking 10:00 Exercise 2:00 Yoga 3:00	24 Zumba with Xiomara Rankin 10:00 Zumba with Julia WTSS 10:30 Garden Landscaping 2:00	25 Rankin Ping Pong 9:30 HP Pole walking 9:45 Exercise 2:00 Yoga 3:00 Arts and Crafts 2:00	26 Zumba with Julia WTSS 10:30 WTSS Community Lunch 12:00 Zumba with Xiomara 12:00 AGM 6pm @ Rankin RSVP Required	27 Rankin Ping Pong 9:30 Rankin Community Lunch 12:30 Bingo 2:00-3:30	28 Computers with Sara 9:30 to 11:30 Or 12:30 to 2:30
29	30 Rankin Second Harvest Cooking 10:00 Exercise 2:00 Yoga 3:00					

Rankin—55 Rankin Crescent

WTSS—1709 Bloor Street West

DS—1775 Eglinton Ave West