






# LA Centre for Seniors ~ January 2020 ~ Rankin

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	31 	1 	2 	3 	4
5 Rankin Second Harvest Cooking 10:00 Exercise 2:00 Yoga 3:00	6 Rankin Zumba with Xiomara 10:00am	7 Rankin Ping Pong 9:30 Exercise 2:00 Yoga 3:00 Holiday Clean Up	8 Rankin STAFF OFF SITE TCHC 1775 EGLINTON WEST  Holiday Clean Up	9 Rankin Ping Pong 9:30 Community Dining Lunch 12:00pm	10 Rankin COMPUTER CLASS with Gerry 9:30-11:30am 12:30 -2:30pm
12 Rankin Second Harvest Cooking 10:00 Exercise 2:00 Yoga 3:00	13 Rankin Zumba with Xiomara 10:00am  Zumba with Julia 10:30 1709 Bloor St W	14 Rankin Ping Pong 9:30 Exercise 2:00 Yoga 3:00 Holiday Clean Up @ 1709 Bloor St W	15 Rankin STAFF OFF SITE TCHC 1775 EGLINTON WEST  STAFF OFF SITE TCHC 3174 Bathurst Street	16 Rankin Ping Pong 9:30  STAFF OFF SITE TCHC 1775 EGLINTON WEST	17 Rankin COMPUTER CLASS with Gerry 9:30-11:30am 12:30 -2:30pm
19 Rankin Second Harvest Cooking 10:00  NO Exercise or Yoga	20 Rankin Zumba with Xiomara 10:00am  Zumba with Julia 10:30 1709 Bloor St W	21 Rankin Ping Pong 9:30  NO Exercise or Yoga  Staff Off Site TCHC The Kempford	22 Rankin STAFF OFF SITE TCHC 1775 EGLINTON WEST  STAFF OFF SITE TCHC 1775 EGLINTON WEST	23 Rankin Ping Pong 9:30  STAFF OFF SITE TCHC 1775 EGLINTON WEST	24 Rankin COMPUTER CLASS with Gerry 9:30-11:30am 12:30 -2:30pm
26 Rankin Second Harvest Cooking 10:00 Exercise 2:00 Yoga 3:00	27 Rankin Zumba with Xiomara 10:00am  Zumba with Julia 10:30 1709 Bloor St W	28 Rankin Ping Pong 9:30 Exercise 2:00 Yoga 3:00  Beat the Winter Blues Bingo 1:30 to 3:30pm	29 Rankin STAFF OFF SITE TCHC 1775 EGLINTON WEST	30 Rankin Ping Pong 9:30 Community Dining Lunch 12:00pm	31 Rankin COMPUTER CLASS with Gerry 9:30-11:30am 12:30 -2:30pm