



WINTER SCHEDULE - 2017-2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snooker 9:00 a.m. - 10:00 p.m.	Snooker 9:00 a.m. - 10:00 p.m.	Snooker 9:00 a.m. - 10:00 p.m.	Snooker 9:00 a.m. - 5:00 p.m.	Snooker 9:00 a.m.-5:00 p.m.
Interm.Line Dance## 9:30 a.m. - 10:30 a.m.	Water Colours## 9:30 a.,m. - noon	Badminton (Cornell) 9:00 a.m. - 11:00 a.m.	Wood Carving 9:00 a.m. - noon	Badminton (Cornell) 9:00 a.m. - 11:00 a.m.
Beginner Bridge 9:30 a.m. - noon	Exercise Class ## 9:00 a.m. - 10:00 a.m. 10:10 a.m. - 11:10 a.m.	Band Practice 10:00 a.m. - noon Acrylic## 9:30 a.m. - noon	Casino Rama ## 9:00 a.m. - 5:30 p.m. 2nd Thursday of month	Table Tennis 9:30 a.m. - 12:00 noon Osteo Fitness## 9:00 a.m. - 10:00 a.m.
Table Tennis 1:30 p.m. - 4:00 p.m.	Yoga## 11:30 a.m. - 12:30 p.m.	Osteo## 9:30 a.m. - 10:30 a.m.	Exercise## 9:00 a.m. - 10:00 a.m. 10:10 a.m. - 11:10 a.m.	H.E.L.P.## 10:15 a.m. - 11:15 a.m.
Water Colours## 9:30 a.m. - noon	Mah.-Jong 1:00 p.m. - 4:30 p.m.	H.E.L.P.## 10:45 A.M. - 11:45 A.M.	Chess 10:00 a.m. - noon	Friday Lunch Times and Costs posted
Lunch, Linger, Learn Dates and times posted 11:45 a.m. - 1:00 p.m.	Zumba Gold ## 1:15 p.m. - 2:15 p.m. 2:30 p.m. - 3:30 p.m.	Book Club 10:00 a.m. - noon 1st Wednesday of month Tai Chi ## 11:15 a.m. - 12:15 p.m.	Yoga## 11:30 a.m. - 12:30 p.m. 12:45 p.m. - 1:45 p.m.	Red's Burgers & Bingo 4th Friday of the month
Mah-Jong 1:30 p.m. - 4:30 p.m.	Cribbage 1:00 p.m. -3:30 p.m. .	Current Events 1:00 p.m. - 3:00 p.m. Volleyball (Cornell) 1:30 p.m.-3:30 p.m.	Crafts 1:00 p.m. - 3:30 p.m.	Duplicate Bridge 1:15 p.m. - 4:15 p.m.
Latin Line Dancing## 2:30 p.m. - 4:00 p.m.	Water Colours## 1:30 p.m. - 4:00 p.m.	Euchre 1:00 p.m. - 3:30p.m.	Canasta 1:00 p.m. - 4:00 p.m.	
Badminton 4:30 p.m. - 6:30 p.m.	Pickle Ball 7:00 p.m. - 9:00 p.m.	Knitting 1:00 p.m. - 3:30 p.m.	Cribbage 1:00 p.m. 3:30 p.m.	
Bid Euchre 6:30 p.m. - 10:00 p.m.		Dabber Bingo 7:00 p.m. - 9:30 p.m.	Exercise Class## 2:00 p.m. - 3:00 p.m.	
Yoga## 7:30 - 8:30 p.m.		Social Bridge 6:40 p.m. - 9:00 p.m.	Zumba Gold## 3:15 p.m. - 4:15 p.m.	
		Yoga## 7:30 p.m. - 8:30 p.m.		

*Courses marked with an ## require pre-registration. Foot Clinic - 4th Wednesday of the month - Shelley (905) 294-6858
Call Older Adults in Action at (905) 294-5111 for program start dates and membership information.*

