

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 TAI-CHI STRETCHING 9:00 - 10:30 am AFRO-LATINO DANCE GROUP 10:45 – 11:45 am CHAIR YOGA 12:00 – 1:00 pm TECH HELP w/ Yvonne 1:00 – 2:30 pm NEW - SEWING CLASSES 1:00 -3:00 pm KNITTING & CROCHET 1:00 – 3:00 pm ENGLISH FOR BEGINNERS 1:30 – 3:00 pm M.E.L.T – 1:00 – 4:00 pm	4 TAI-CHI STRETCHING 9:00 – 9:45 am LINE DANCING All Levels: 10:00 – 11:30 am DIGITAL LITERACY ONE-ON-ONE w/ Ryan 10:00 am – 11:00 am (CANCELLED) LUNCH AT NOON (\$6) 12:00 – 1:00 PM COFFEE DROP-IN LEARN, ENGAGE AND CONNECT WORKSHOP: ALL YOU NEED TO KNOW ABOUT WILLS By: Kevin Smith 1:00 – 3:00 pm	5 STANDING YOGA W/CHAIR 10:00 – 11:00 am FRENCH CONVERSATION 10:00 –11:00am DIGITAL LITERACY ONE-ON-ONE w/ Ryan 10:00 am – 11:00 am SPANISH CLASS (beginner) 11:10 am – 12:10 am SPANISH CONVERSATION Intermediate: 11:15 am – 12:15 pm LUNCH AT NOON (\$6) 12:00 – 1:00 pm BINGO, CARDS & GAMES 1:30 – 2:30 pm UKULELE Level A (beginners) 12:45 – 1:45 pm UKULELE Level C 2:00 – 3:30 pm	6 ALL PROGRAMS ARE CANCELLED THIS DAY LUNCH AT NOON (\$6) 12:00 – 1:00 PM 411 SENIOR HOUSING ACTION FORUM 2025 “FROM CRISIS TO SOLUTIONS” 9:45 – 3:45 PM YOUR NEED TO REGISTER FOR THE FORUM	7 ALL PROGRAMS ARE CANCELLED THIS DAY LUNCH AT NOON (\$6) 12:00 – 1:00 PM 411 SENIOR HOUSING ACTION FORUM 2025 “FROM CRISIS TO SOLUTIONS” 10:30 – 3:30PM YOUR NEED TO REGISTER FOR THE FORUM DROP-IN CLINIC W/MINISTRY OF SOCIAL DEVELOPMENT & POVERTY REDUCTION 10:00 am – 2:00 pm
10 TAI-CHI STRETCHING 9:00 - 10:30 am AFRO-LATINO DANCE 10:45 – 11:45 am REMEMBRANCE DAY CELEBRATION “WHY WE REMEMBER” 11:00 am – 12:00 pm CHAIR YOGA 12:00 – 1:00 pm TECH HELP w/ Yvonne 1:00–2:30 pm (CANCELLED) CANASTA CARD GAME 12:00 – 3:00 pm NEW - SEWING CLASSES 1:00 -3:00 pm KNITTING & CROCHET 1:00 – 3:00 pm ENGLISH FOR BEGINNERS 1:30 – 3:00 pm M.E.L.T – 1:00 – 4:00 pm	11 REMEMBRANCE DAY CENTRE CLOSED	12 STANDING YOGA W/CHAIR 10:00 – 11:00 am FRENCH CONVERSATION 10:00 –11:00am DIGITAL LITERACY ONE-ON-ONE w/ Ryan 10:00 am – 11:00 am SPANISH CLASS (beginner) 11:10 am – 12:10 am SPANISH CONVERSATION 11:15 am – 12:15 pm LUNCH AT NOON (\$6) 12:00 – 1:00 pm BINGO, CARDS & GAMES 1:30 – 2:30 pm UKULELE Level A (beginners) 12:45 – 1:45 pm UKULELE Level C 2:00 – 3:30 pm	13 CARDIO EXERCISE 10:00 – 11:30 am DIGITAL LITERACY ONE-ON-ONE w/ Ryan 10:00 am – 11:00 am KARAOKE, SING-ALONG & MUSIC CLUB 11:35 am – 1:35 pm LUNCH AT NOON (\$6) 12:00 – 1:00 PM LINE DANCING 2:00 – 3:30 pm DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 – 3:00 pm **DAY TRIP: BLODEL CONSERVATORY (\$5)** 12:30 pm – 2:30 pm	14 DANCE WORKOUT 11:00 – 12:30 pm CRA/SERVICES CANADA CLINIC 10:00 – 3:00 pm TECH HELP w/ Yvonne 11:00 – 2:00 pm (CANCELLED) LUNCH AT NOON (\$6) 12:00 – 1:00 pm GUITAR LESSONS 1:00 – 2:00 pm WALKING CLUB 2:00 pm UKULELE SING-ALONG CIRCLE 2:30 – 3:30 pm
17 TAI-CHI STRETCHING 9:00 - 10:30 am AFRO-LATINO DANCE GROUP 10:45 – 11:45 am CHAIR YOGA 12:00 – 1:00 pm TECH HELP w/ Yvonne 1:00 – 2:30 pm NEW - SEWING CLASSES 1:00 -3:00 pm KNITTING & CROCHET 1:00 – 3:00 pm ENGLISH FOR BEGINNERS 1:30 – 3:00 pm M.E.L.T – 1:00 – 4:00 pm	18 TAI-CHI STRETCHING 9:00 – 9:45 am LINE DANCING All Levels: 10:00 – 11:30 am DIGITAL LITERACY ONE-ON-ONE w/ Ryan 10:00 am – 11:00 am LUNCH AT NOON (\$6) 12:00 – 1:00 PM COFFEE DROP-IN LEARN, ENGAGE AND CONNECT WORKSHOP: KNOWING YOUR BLADDER By: Cosco 1:00 – 3:00 pm	19 STANDING YOGA W/CHAIR 10:00 – 10:55 am FRENCH CONVERSATION 10:00 –11:00am DIGITAL LITERACY ONE-ON-ONE w/ Ryan 10:00 am – 11:00 am SPANISH CLASS (beginner) 11:10 am – 12:10 am SPANISH CONVERSATION 11:15 am – 12:15 pm LUNCH AT NOON (\$6) 12:00 – 1:00 pm BINGO, CARDS & GAMES 1:30 – 2:30 pm UKULELE Level A (beginners) 12:45 – 1:45 pm UKULELE Level C 2:00 – 3:30 pm	20 CARDIO EXERCISE 10:00 – 11:30 am BIRTHDAY CELEBRATION 10:00 am -- 12:00 pm DIGITAL LITERACY ONE-ON-ONE w/ Ryan 10:00 am – 11:00 am KARAOKE, SING-ALONG & MUSIC CLUB 11:35 am – 1:35 pm LUNCH AT NOON (\$6) 12:00 – 1:00 PM DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 – 3:00 pm RAINBOW CAFÉ (2SLGBTQ+) 1:30 – 3:00 PM LINE DANCING 2:00 – 3:30 pm	21 DROP-IN CLINIC W/MINISTRY OF SOCIAL DEVELOPMENT & POVERTY REDUCTION 10:00 am – 2:00 pm DANCE WORKOUT 11:00 – 12:30 pm TECH HELP w/ Yvonne 11:00 – 2:00 pm LUNCH AT NOON (\$6) 12:00 – 1:00 pm GUITAR LESSONS 1:00 – 2:00 pm NEW – ZENTANGLE 1:00 – 3:00 pm UKULELE SING-ALONG CIRCLE 2:30 – 3:30 pm WALKING CLUB 2:00 pm
24 TAI-CHI STRETCHING 9:00 - 10:30 am BOOK CLUB 10:00 am – 12:00 pm AFRO-LATINO DANCE GROUP 10:45 – 11:45 am CHAIR YOGA 12:00 – 1:00 pm CANASTA CARD GAME 12:00 – 3:00 pm NEW - SEWING CLASSES 1:00 -3:00 pm TECH HELP w/ Yvonne 1:00 – 2:30 pm KNITTING & CROCHET 1:00 – 3:00 pm ENGLISH FOR BEGINNERS 1:30 – 3:00 pm M.E.L.T – 1:00 – 4:00 pm	25 TAI-CHI STRETCHING 9:00 – 9:45 am LINE DANCING All Levels: 10:00 – 11:30 am DIGITAL LITERACY ONE-ON-ONE w/ Ryan 10:00 am – 11:00 am LUNCH AT NOON (\$6) 12:00 – 1:00 PM COFFEE DROP-IN LEARN, ENGAGE AND CONNECT PHILOSOPHER CLUB “Meaning of gifts” 1:00 – 3:00 pm	26 STANDING YOGA W/CHAIR 10:00 – 10:55 am FRENCH CONVERSATION 10:00 –11:00am DIGITAL LITERACY ONE-ON-ONE w/ Ryan 10:00 am – 11:00 am SPANISH CLASS (beginner) 11:10 am – 12:10 am SPANISH CONVERSATION 11:15 am – 12:15 pm LUNCH AT NOON (\$6) 12:00 – 1:00 pm BINGO, CARDS & GAMES 1:30 – 2:30 pm UKULELE Level A (beginners) 12:45 – 1:45 pm UKULELE Level C 2:00 – 3:30 pm	27 CARDIO EXERCISE 10:00 – 11:30 am DIGITAL LITERACY ONE-ON-ONE w/ Ryan 10:00 am – 11:00 am (CANCELLED) KARAOKE, SING-ALONG & MUSIC CLUB 11:35 am – 1:35 pm LUNCH AT NOON (\$6) 12:00 – 1:00 pm DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 – 3:00 pm LINE DANCING 2:00 –3:30 pm **DAY TRIP: BLODEL CONSERVATORY (\$5)** 10:30 am – 12:30 pm	28 DANCE WORKOUT 11:00 – 12:30 pm TECH HELP w/ Yvonne 11:00 – 2:00 pm LUNCH AT NOON (\$6) 12:00 – 1:00 pm GUITAR LESSONS 1:00 – 2:00 pm MOVIE DAY: LABOUR DAY INTERNATIONAL FILM SCREENING 1:00 – 3:30 PM UKULELE SING-ALONG CIRCLE 2:30 – 3:30 pm ART WORKSHOP BY DIMASALANG III ARTIST GROUP 1:00 – 3:00 pm WALKING CLUB 2:00 pm
SOCIAL SATURDAY Saturday the 29th 10:00 to 12:00 pm	411 Coffee House Friday, November 14 th & 28th, 7:30 pm, doors open at 7:00 pm			