

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Saturdays</b>
<b>Walk and Talk</b> 9:00 am – 10:00 am  <b>Billiards/Snooker</b> 9:00 am – 10:45 am  <b>Stretch &amp; Strength</b> 9:30 am – 10:30 am  <b>Independent Yoga</b> 11:00 am -12:00 pm  <b>Let's Talk About It (Sharing Group)</b> 11:00 am -12:30 pm  <b>Mahjong</b> 12:30 pm – 3:30 pm  <b>Pickle Ball – Beginner</b> 1:00 pm – 2:45 pm  <b>Tech Hub</b> 1:30 pm – 3:30 pm	<b>Billiards/Snooker</b> 9:00 am – 12:00 pm  <b>Fun and Fitness</b> 9:30 am – 10:30 am  <b>Sing Along</b> 10:30 am – 11:30 am  <b>Food Distribution</b> 11:00 am - until gone  <b>Writers Circle</b> 1:00 pm – 3:00 pm  <b>Knit and Crochet Club</b> 1:00 pm – 3:00 pm	<b>Walk and Talk</b> 9:00 am – 10:00 am  <b>Stretch &amp; Strength</b> 9:30 am - 10:30 am  <b>Friendly Bridge</b> 9:30 am – 12:00 pm  <b>Pickle Ball – Intermediate</b> 10:45 am – 12:30 pm  <b>Canasta</b> 12:30 pm – 3:30 pm  <b>Line Dancing – Intermediate ®</b> 12:45 pm – 2:00 pm  <b>Cribbage</b> 1:00 pm – 3:30 pm  <b>Line Dancing – Beginner ®</b> 2:15 pm – 3:15 pm  <b>English Pronunciation</b> 3:30 pm – 5:30 pm	<b>Billiards/Snooker</b> 9:00 am – 10:45 am  <b>Fun and Fitness</b> 9:30 am – 10:30 am  <b>Somatic Chair Yoga ®</b> 9:30 am – 10:30 am  <b>Exploring Watercolors</b> 9:30 am – 12:00 pm  <b>Current Affairs</b> 10:00 am – 11:30 am  <b>Independent Yoga</b> 11:00 am – 11:45 am  <b>The Joy of Art</b> 12:00 pm – 2:30 pm  <b>Canasta</b> 12:30 pm – 3:30 pm  <b>Pickle Ball - Beginner</b> 1:00 pm – 2:45 pm	<b>Billiards/Snooker</b> 9:00 am – 12:00 pm  <b>Stretch &amp; Strength</b> 9:30 am - 10:30 am  <b>Food Distribution</b> 11:00 am – until gone  <b>Qi Gong</b> 11:00 am - 12:00 pm  <b>Art and Wellness</b> 1:00 pm - 3:00 pm	<b>Billiards/Snooker</b> 9:30 am – 12:30 pm  <b>Pickleball - Intermediate</b> 10:30 am – 12:30 pm  <b>Seated Dancing</b> 11:00 am -11:30 am  <b>Movie of the week</b> 1:00 pm – 3:00 pm  <b>Cribbage</b> 1:00 pm – 3:00 pm

SPECIAL EVENTS	NOTICES	MOVIES OF THE MONTH	Index
<p>July 4<sup>th</sup>, 11 am – 12 pm Heat Wave Readiness</p> <p>July 10<sup>th</sup> – 1:00 – 2:00 pm Magical Minds</p> <p>July 16<sup>th</sup>, 4:00 – 5:00 pm Focus group</p> <p>July 18<sup>th</sup>, 12:30 - 2:00 pm Non-Fiction Book Club</p>	<ul style="list-style-type: none"> <li>- July 1<sup>st</sup> – Happy Canada Day – Centre closed</li> <li>- July 2<sup>nd</sup> – New - Walk and Talk - Mondays, Wednesdays, 9 am – 10 am</li> <li>- July 2<sup>nd</sup> – New - English pronunciation, Wednesdays 3:30 pm – 5:30 pm</li> <li>- July 5<sup>th</sup> - New – Billiards are on Saturdays now 9:30 am - 12:30 pm</li> <li>- Tai Chi (Thursdays) and Gentle Yoga (Fridays) will be on break during July and August, resuming in September.</li> </ul>	<p>July 5<sup>th</sup> Cuba and The Cameraman</p> <p>July 12<sup>th</sup> A Man Called Otto - with Tom Hanks</p> <p>July 19<sup>th</sup> The Fundamentals of Caring -True story</p> <p>July 26<sup>th</sup> Mission Impossible - Action</p>	<ul style="list-style-type: none"> <li>- Registered Course - R</li> </ul>