



**SQUARE ONE OLDER ADULT CENTRE AND
SQUARE ONE SENIORS WELLNESS SERVICES WEEKLY CALENDAR April - June 2011**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Chinese Golden Age Seniors</i> 1:00pm - 5:00pm Contact: Leon Eng 905-507-2280</p> <p><i>Table Tennis</i> 1:00pm - 5:00pm</p> <p><i>Breathing Exercise</i> 1:00pm - 2:00pm</p> <p><i>Brush Painting</i> 1:00pm - 5:00pm</p> <p><i>Chinese Aerobics</i> 2:00pm - 3:00pm</p> <p><i>Line Dancing</i> 3:00pm - 4:30pm</p>	<p>Wildlife Digital Photography* 8:00am</p> <p>Co-ed Fitness 9:15am - 10:15am</p> <p>Canasta 10:00am</p> <p>Computer Basics* 10:00am - 11:30am</p> <p>Digital Pictures* 10:00am - 11:30am</p> <p>Making Movies* 10:00am - 11:30am</p> <p>Meditation 10:00am</p> <p>Line Dancing Beg. 10:30am - 11:30am</p> <p>Wii Bowling 11:35am - 12:15pm</p> <p>Computer Wrkshps* 12:30pm - 1:00pm</p> <p>French for Beg.* 12:30pm - 1:30pm</p> <p>Cruising* 1:00pm</p> <p>Pilates* 1pm - 2pm</p> <p>Travelogue 1:00pm</p> <p>Bingo 1:30pm</p> <p>Gin Rummy 1:30pm</p> <p><i>Square One Deaf Seniors Group</i> 2:00pm - 4:00pm Contact Information on Page 20</p> <p>Bird Watching* 2:30pm - 4:00pm</p> <p>Health Lecture Series* 2:30pm - 4pm</p>	<p>Tai Chi Inter 9:15am - 10:15am</p> <p>Walk Tall* 9:15am - 10:15am</p> <p>Painting with Watercolours* 9:30am - 11:30am</p> <p>Chair-ercise 10:30am - 11:30am</p> <p>Co-ed Fitness 10:30am - 11:30am</p> <p>Tai Chi Beg. Lvl 2* 10:30am - 11:30am</p> <p>Line Dancing Basics* 11:45am - 12:45pm</p> <p>Craft Workshops 12:00pm - 1:30pm</p> <p>Hearing Clinic* Noon</p> <p>Let's Create 12:00pm - 1:30pm</p> <p>Tatting Noon - 1:30pm</p> <p>Euchre 1pm - 3pm</p> <p>Hawaiian Dancing* 1:00pm - 2:00pm</p> <p>Chicago and the Agawa Canyon* 2pm</p> <p>Circle of Friends* 2:00pm - 4:00pm</p> <p>Fruit & Vegetable Carving Workshop* 2:00pm - 3:30pm</p> <p>Yoga* 2:15pm-3:45pm</p> <p>Arthritis Workshop* 2:30pm - 3:30pm</p>	<p>Mall Walkers 8:00am</p> <p>Wildlife Digital Photos* 8am</p> <p>Foot Care Clinic* 9:00am</p> <p>Line Dancing Beg. 9am</p> <p>Urban Pole Walking 9am</p> <p>Book Club* 10am</p> <p>Computer Club 10am</p> <p>Gardener's Circle* 10am</p> <p>Table Tennis 10am</p> <p>Line Dance Int. Beg. 10:15</p> <p>Touring China* 11am</p> <p>Chicago & Agawa* 11am</p> <p>Sensible Living Series* 11:30am</p> <p>Wii Bowling 11:50am</p> <p>Walker & Wheelchair Clinic* Noon</p> <p>Computer Wrkshp* Noon</p> <p><i>Multicultural Asian Seniors</i> 12:30pm - 3:30pm Rudy Bombase 905-874-6942</p> <p>Blood Pressure Clinic* 1pm</p> <p>Movie Matinee 1:00pm</p> <p>Bingo 1:30pm</p> <p><i>Latin-America Art & Healing Group</i> 2:00pm - 5:00pm Contact: Elsa Galan 905-897-2495 or Silvia Damar Radvansky 905-822-9142</p> <p>Belly Dancing Beg. 3:45pm</p> <p>Belly Dancing Performance Troupe 4:45pm</p> <p><i>Goan Cultural Group</i> 6:30pm - 9:00pm Contact: Saby Carvalho 905-281-1213 or Theo Fernandez 647-208-7031</p>	<p>Bunka 9:00am - Noon</p> <p>Zumba Gold 9:15am - 10:15am</p> <p>Contract Bridge Beg 10:00am - 12:00pm</p> <p>Line Dancing Beg. 10:30am - 11:30am</p> <p>Line Dancing Int. 11:45am - 12:45pm</p> <p>Contract Bridge 1:00pm - 4:00pm</p> <p>Cribbage 1:00pm - 3:00pm</p> <p>Creative Writing Level One 1:00pm - 2:00pm</p> <p>Movement Workshop* 1:00pm - 2:00pm</p>	<p>Co-ed Fitness 9:30am - 10:30am</p> <p>Chess 10am - 2pm</p> <p>Dominoes 10:00am</p> <p>Scrabble 10:00am</p> <p>Table Tennis 10:00am - 12:00pm</p> <p>Line Dancing Int. 10:45am - 11:45am 10:45am - 12:15pm</p> <p>Ballroom Dancing* 12:30pm - 2:00pm</p> <p>Creative Writing Lvl 2 12:30pm - 2pm</p> <p>Beading Wrkshop* 1:00pm - 3:00pm</p> <p>Info and Support* 1:15pm - 4:15pm</p> <p>Line Dancing Int. Beg. 2:15pm - 3:15pm</p> <p>Choir 2:30pm</p>	<p>Co-ed Fitness 9:15am - 10:15am</p> <p>Table Tennis 10:30am - 12:30pm</p> <p><i>Caribbean Seniors Social Activities</i> 12:00pm - 3:00pm Contact Cynthia Houstan 905-896-3765 or Joyce Goldson 905-804-8998</p> <p><i>Elderly Vietnamese Seniors Association</i> 12:45pm - 4:00pm Contact Diep Tran 905-212-7164 or Phan Dam 905-629-2283</p> <p><i>Silayan Filipino Volunteer Group</i> 1:00pm - 4:00pm</p>
				<p>Internet Café is available Monday - Friday 9:00am - 4:00pm</p>	<p>Centre Hours Mon. to Fri. 8:30am - 4:30pm Saturday 9am - 4pm</p>	<p>You must register in advance for all programs with an asterisk (*).</p> <p>Please see the Brochure for cancellation dates.</p> <p>Registration for all programs are done at the Square One Older Adult Centre Admin Office.</p>
 <p>SQUARE ONE OLDER ADULT CENTRE</p>				<p align="right">Square One Older Adult Centre 100 City Centre Drive 905-615-3207 www.sq1oac.com</p>		
 <p>SQUARE ONE SENIORS WELLNESS SERVICES</p>						