



# SQUARE ONE OLDER ADULT CENTRE AND SQUARE ONE SENIORS WELLNESS SERVICES WEEKLY CALENDAR

*January - March 2011*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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><i>Chinese Golden Age Seniors</i> 1:00pm - 5:00pm contact <i>Leon Eng (905) 507-2280</i></p> <div style="text-align: center;">  <p><b>SQUARE ONE</b> <b>OLDER ADULT</b> <b>CENTRE</b></p> </div> <div style="text-align: center;">  <p><b>SQUARE ONE</b> <b>SENIORS WELLNESS</b> <b>SERVICES</b></p> </div> <p><b>Centre Hours</b> Mon. to Fri. 8:30am - 4:30pm Saturday 9am - 4pm</p> <p style="background-color: black; color: white; padding: 5px;">Square One Older Adult Centre 100 City Centre Drive 905-615-3207 www.sq1oac.com</p>	<p>Co-ed Fitness 9:15am – 10:15am</p> <p>Canasta 10:00am – 12:30pm</p> <p>Slideshow and Presentations* 10:00am - 11:30am (Jan 10 &amp; 17)</p> <p>Meditation &amp; Self Empowerment 10:00am – 12:00pm</p> <p>Computer Basics* 10:00am – 11:30am (Jan 24 – Feb 14)</p> <p>Digital Pictures* 10:00am – 11:30am (Feb 28 – Mar 21)</p> <p>Tai Chi Beginner Level One* 10:30am – 11:30am (Jan 11 – Mar 15)</p> <p>Line Dancing Beginner 10:30am – 11:30am</p> <p>Wii Bowling 11:35am – 12:15pm</p> <p>Mandarin for Beginners* 12:30pm – 1:30pm (Jan 10 – Mar 21)</p> <p>Pilates* 1:00pm – 2:00pm (Jan 10 – Feb 7) (Feb 14 – Mar 21)</p> <p>Travelogue 1:00pm - 2:15pm</p> <p>Gin Rummy 1:30pm – 3:30pm</p> <p>Bingo 1:30pm – 3:15pm</p> <p>French for Beginners* 2pm – 3:30pm (Jan 10 – Mar 21)</p> <p>Health Lecture Series* 2:30pm - 4:00pm (Jan 31, Feb 28, Mar 28)</p> <p><i>Deaf Seniors Group</i> 2:30pm – 4:00pm (Jan 24, Feb 7, March 7)</p> <p>Masterpieces of the Met (Part 1)* 2:30pm – 4pm (Jan 10 – Mar 28)</p>	<p>Bodysculpting* 9:15am – 10:15am (Jan 11 – Feb 8) (Feb 22 – Mar 22)</p> <p>Tai Chi Intermediate 9:15am – 10:15am</p> <p>Bug Out! Painting Workshop* 9:30am – 11:30am March 15</p> <p>Painting with Watercolours* 9:30am – 11:30am (Jan 11 – Mar 22)</p> <p>Co-ed Fitness 10:30am – 11:30am</p> <p>Chair-ercise 10:30am – 11:30am</p> <p>Tai Chi Beginner Level One* 10:30am – 11:30am</p> <p>Line Dancing Basics* 11:45am – 12:45pm (Jan 11 - Feb 8) (Feb 15 - Mar 22)</p> <p>Craft Workshops Noon–2pm (starting February 1st)</p> <p>Tatting Noon – 2:00pm</p> <p>Seated Massage* Noon – 2:00pm (Jan 18, Mar 1, Mar 29)</p> <p>Hawaiian Dancing* 1pm – 2pm (Jan 11 – Mar 22)</p> <p>Euchre 1:00pm – 3:00pm</p> <p>Circle of Friends 1:30pm - 3:30pm (Feb 1, Feb 15, March 8, March 22)</p> <p>Fruit &amp; Veggie Carving Workshop* 2pm - 3:30pm (Feb 8 – Mar 8)</p> <p>Yoga* 2:15pm – 3:45pm (Jan 11 – Mar 22)</p> <p>Arthritis Educational Workshops* 2:30pm - 3:30pm (Jan 11, Feb 8, March 8, Apr 12)</p>	<p>Mall Walkers 8am Warm-up</p> <p>Line Dancing Beginner 9:00am – 10:00am</p> <p>Foot Care Clinic* 9am – 4pm (Dec 15, Jan 26, Mar 9, Apr 20)</p> <p>Table Tennis 10am – 12pm</p> <p>Book Club* 10am – 11:30am (Jan 26, Feb 23, Mar 30)</p> <p>Computer Club 10 – 11:30am (Jan 11 – Mar 22)</p> <p>Line Dancing Intermediate Beginner 10:15am – 11:15am 10:15am – 11:45am</p> <p>Touring China* 11:00am – 12:30pm (Jan 12)</p> <p>Wii Bowling 11:50am – 12:30pm</p> <p>Sensible Living Speakers Series* 11:30am - 12:30pm (Feb 16, Mar 9)</p> <p>RECONNECT Computer Workshops* Noon – 1pm</p> <p><i>Multicultural Asian Seniors</i> 12:30pm – 3:30pm contact <i>Gurmel Singh Gill 905-507-4839</i></p> <p>Movie Matinee* Starting at 1:00pm (Jan 5, Feb 2, Mar 2)</p> <p>Beading Workshop* 1:00pm – 3:00pm March 16</p> <p>Bingo 1:30pm – 3:15pm</p> <p><i>ALCE- Latin – American Art and Healing Group 2:00pm – 4:00pm contact Elsa Galan (905) 897- 2495 or Silvia Damar Radvansky (905) 822-9142</i></p> <p>Belly Dancing Beginners 3:45pm – 4:45pm Performance Troupe 4:45pm – 6:00pm</p> <p><i>Goan Cultural Group 6:30 – 9pm contact Saby Carvalho (905) 281- 1213 or Theo Fernandez (647) 208-7031</i></p>	<p>Bunka Embroidery 9:00am – 12:00pm</p> <p>Zumba Gold 9:15am – 10:15am</p> <p>Contract Bridge Lessons for Beginners* 10:00am – 12:00pm</p> <p>Line Dancing Beginner 10:30am – 11:30am</p> <p>Line Dancing Intermediate 11:45am – 12:45pm</p> <p>Hearing Clinic* Noon - 3pm March 3</p> <p>Contract Bridge 1:00pm – 4:00pm</p> <p>Blood Pressure Clinic* 1:00pm - 2:00pm Feb 24</p> <p>Cribbage 1pm – 3pm</p> <p>Tap Dancing* 1:00pm – 2:00pm (Jan 13 - Mar 10)</p> <p>Jazz Dancing 1* 2:00pm – 3:00pm (Jan 13 - Mar 10)</p> <p>Jazz Dancing 2 Performance* 2:00pm – 3:30pm (Jan 13 - Mar 10)</p> <div style="border: 1px dashed black; padding: 5px; text-align: center;"> <p>Internet Café is available Monday - Friday 9:00am - 4:00pm</p> </div>	<p>Co-ed Fitness 9:30am – 10:30am</p> <p>Dominoes 10:00am – 12:00pm</p> <p>Table Tennis 10:00am – 12:00pm</p> <p>Chess 10:00am – 2:00pm</p> <p>Line Dancing Intermediate 10:45am – 11:45am 10:45am – 12:15pm</p> <p>Movement Workshop* 12:30pm – 2:00pm (Jan 14 - Feb 11)</p> <p>Creative Writing Level Two 12:30pm – 2:00pm</p> <p>Paso Doble Workshop* 12:30pm – 2:00pm (Feb 18 – Mar 11)</p> <p>Information and Support* 1:15pm - 4:15pm</p> <p>Line Dancing Intermediate Beginner 2:15pm – 3:15pm</p> <p>Choir 2:30pm – 3:30pm (starting February 4th)</p> <div style="border: 1px dashed black; padding: 5px; text-align: center;"> <p>Exercise Bike is available Monday - Friday 9:00am - 4:00pm</p> </div>	<p>Co-ed Fitness 9:15am – 10:15am</p> <p>Table Tennis 10:30am – 12:30pm</p> <p><i>Caribbean Seniors Social Activities Noon – 3:00pm contact Cynthia Houston (905) 896-3765 or Joyce Goldson (905) 804- 8998</i></p> <p><i>Elderly Vietnamese Seniors Association 12:45pm – 4:00pm contact Diep Tran (905) 212-7164 or Phan Dam (English) (905) 629-2283</i></p> <p><i>Silayan Filipino Volunteer Group 1:00pm – 4:00pm contact Rudy Bombase (905) 874-6942</i></p> <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><b>You must register in advance for all programs with an asterisk (*). Please see the Brochure for cancellation dates. Registration for all programs are done at the Admin Office.</b></p> </div>