

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****AUGUST 2019**
**5 DEAUVILLE LANE
PROGRAM
CALENDAR**

 FOR MORE INFORMATION AND
TO REGISTER, PLEASE CALL
416-447-7244 EXT.651
**SOCIAL WORK:
MONDAYS & FRIDAYS:
9:00 AM – 12:00 PM**
**GARDEN CLUB: FLEXIBLE
SCHEDULES, PLEASE TALK TO
THE GROUP LEADERS**
1 WALKING GROUP (9:00-10:00 AM)
PING PONG CLUB (10:00 AM – 12:00 PM)
KNITTING CLUB (IN LIBRARY) (10:30 AM – 12:00 PM)
BRUSH PAINTING (2:00 – 3:30 PM)
(ENGLISH INTERPRETER PROVIDED)

2 PRACTICAL ENGLISH CONVERSATION GROUP (9:00-10:00 AM)
MANDARIN CLASS (10:30 – 11:30 AM)
GENTLE FITNESS (12:30 PM – 1:15 PM)
BUILDING BONES AND BALANCE (1:20 – 2:00 PM)
YOGA (2:30 – 3:30 PM)
5**CIVIC HOLIDAY
OFFICE CLOSED**
6 POLE WALKING (5 MINUTES EARLY ON SITE) (9:00 - 10:00 AM)
MAHJONG (9:30 AM-11:30 AM)
TAI CHI (10:30 – 10:30 AM)
LINE DANCE (2:00 – 3:00 PM)

7 ENGLISH AS A SECOND LANGUAGE (9:00 – 10:30 AM)
INDIAN THERAPEUTIC DANCE (12:15 – 1:15 PM)
EXTEND YEARS TO YOUR LIFE AND LIVE IN BETTER HEALTH WITH HERBAL MEDICINE (2:00 PM-3:00 PM) (PRE-REGISTRATION REQUIRED)

8 WALKING GROUP (9:00-10:00 AM)
PING PONG CLUB (10:00 AM – 12:00 PM)
KNITTING CLUB (IN LIBRARY) (10:30 AM – 12:00 PM)
FOOD DELIVERY (10:30 – 12:30 PM)
ARTS AND LIFE SKILLS (2:00-3:30 PM)

9 PRACTICAL ENGLISH CONVERSATION GROUP (9:00-10:00 AM)
FIRE SAFETY WORKSHOP (10:30-11:30 AM) (PRE-REGISTRATION REQUIRED)
GENTLE FITNESS (12:30 PM – 1:15 PM)
BUILDING BONES AND BALANCE (1:20 – 2:00 PM)
YOGA (2:30 – 3:30 PM)

12 CHAIR EXERCISE (10:00 AM – 10:50 AM)
FALLS PREVENTION EXERCISE (11:00 AM – 11:50 AM)
FUNCTIONAL FITNESS (2:00 -3:00 PM)

13 POLE WALKING (5 MINUTES EARLY ON SITE) (9:00 - 10:00 AM)
MAHJONG (9:30 AM-11:30 AM)
TAI CHI (10:30 – 10:30 AM)
CHAIR YOGA (11:45 AM – 12:45 PM)
LINE DANCE (2:00 – 3:00 PM)
BINGO (3:15 – 4:15PM)

14 ENGLISH AS A SECOND LANGUAGE (9:00 – 10:30 AM)
INDIAN DANCE (12:15 – 1:15 PM)
HYMN SING (IN LIBRARY) (10:00-10:45AM)
CHINESE BIBLE STUDY (10:45AM-12:00 PM)
VOLUNTEER COMMITTEE MEETING (2:00 PM-3:30 PM)

15 WALKING GROUP (9:00-10:00 AM)
PING PONG CLUB (10:00 AM – 12:00 PM)
KNITTING CLUB (IN LIBRARY) (10:30 AM – 12:00 PM)
BRUSH PAINTING (2:00 – 3:30 PM)
(ENGLISH INTERPRETER PROVIDED)

16 PRACTICAL ENGLISH CONVERSATION GROUP (9:00-10:00 AM)
MANDARIN CLASS (10:30 – 11:30 AM)
BUILDING BONES AND BALANCE (1:20 – 2:00 PM)
YOGA (2:30 – 3:30 PM)

19 CHAIR EXERCISE (10:00 AM – 10:50 AM)
FALLS PREVENTION EXERCISE (11:00 AM – 11:50 AM)
FUNCTIONAL FITNESS (2:00 -3:00 PM)

20 POLE WALKING (9:00 - 10:00 AM) (5 MINUTES EARLY ON SITE)
MAHJONG (9:30 AM-11:30 AM)
TAI CHI (10:30 – 11:30 AM)
CHAIR YOGA (11:45 AM – 12:45 PM)
LINE DANCE (2:00 – 3:00 PM)

21 ENGLISH AS A SECOND LANGUAGE (9:00 – 10:30 AM)
INDIAN DANCE (12:15 – 1:15 PM)
MOVIE MOMENT "AUGUST RUSH" (2:00 PM – 4:00 PM)

22 BBQ (11:00 AM-1:00 PM) (5 DEAUVILLE RESIDENTS ONLY, PRE-REGISTRATION REQUIRED)
FOOD DELIVERY (10:30 AM – 12:30 PM)
ARTS AND LIFE SKILLS (PREREGISTRATION REQUIRED) (2:00-3:30 PM)

23 PRACTICAL ENGLISH CONVERSATION GROUP (9:00-10:00 AM)
MANDARIN CLASS (10:30 – 11:30 AM)
GENTLE FITNESS (12:30 PM – 1:15 PM)
BUILDING BONES AND BALANCE (1:20 – 2:00 PM)
YOGA (2:30 – 3:30 PM)

26 CHAIR EXERCISE (10:00 AM – 10:50 AM)
FALLS PREVENTION EXERCISE (11:00 AM – 11:50 AM)
FUNCTIONAL FITNESS (2:00 -3:00 PM)

27 POLE WALKING (9:00 - 10:00 AM) (5 MINUTES EARLY ON SITE)
MAHJONG (9:30 AM-11:30 AM)
TAI CHI (10:30 – 11:30 AM)
CHAIR YOGA (11:45 AM – 12:45 PM)
LINE DANCE (2:00 – 3:00 PM)

28 ENGLISH AS A SECOND LANGUAGE (9:00 – 10:30 AM)
INDIAN DANCE (12:15 – 1:15 PM)
HYMN SING (IN LIBRARY) (10:00-10:45AM)
CHINESE BIBLE STUDY (10:45AM-12:00 PM)

29 WALKING GROUP (9:00-10:00 AM)
PING PONG CLUB (10:00 AM – 12:00 PM)
KNITTING CLUB (IN LIBRARY) (10:30 AM – 12:00 PM)
BRUSH PAINTING (2:00 – 3:30 PM)
(ENGLISH INTERPRETER PROVIDED)

30 PRACTICAL ENGLISH CONVERSATION GROUP (9:00-10:00 AM)
GENTLE FITNESS (12:30 PM – 1:15 PM)
BUILDING BONES AND BALANCE (1:20 – 2:00 PM)
YOGA (2:30 – 3:30 PM)