

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

FOR MORE INFORMATION AND  
TO REGISTER, PLEASE CALL  
416-447-7244 EXT.651

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

**2** ENGLISH AS A  
SECOND LANGUAGE  
(9:00 - 10:30 AM)  
INDIAN THERAPEUTIC DANCE  
(12:15 - 1:15 PM)

**3** 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  
(PRE-REGISTRATION REQUIRED)  
(2:00-3:30 PM)

**4** 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)

**7** FALLS PREVENTION EXERCISE  
(11:00 AM - 11:50 AM)  
FUNCTIONAL FITNESS  
(2:00 -3:00 PM)

**8** POLE WALKING(9:00 - 10:00 AM)  
(5 MINUTES EARLY ON SITE)  
TAI CHI (9:30 - 10:30 AM)  
MAHJONG (9:30 AM-11:30 AM)  
THERAPEUTIC TOUCH (IN LIBRARY)  
(PREREGISTRATION REQUIRED)  
(10:00 AM - 11:30 AM)  
CHAIR YOGA (11:45AM - 12:45 PM)  
LINE DANCE (2:00 - 3:00 PM)

**9** ENGLISH AS A SECOND  
LANGUAGE (9:00 - 10:30 AM)  
INDIAN THERAPEUTIC DANCE  
(12:15 - 1:15 PM)  
HYMN SING (10:00-10:45AM)  
CHINESE BIBLE STUDY  
(10:45AM-12:00 PM)  
BINGO (3:15- 4:15 PM)

**10** 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)

**11** 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)

**14  
THANKSGIVING  
DAY  
OFFICE CLOSED**

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

**16** ENGLISH AS  
A SECOND LANGUAGE  
(9:00 - 10:30 AM)  
INDIAN THERAPEUTIC DANCE  
(12:15 - 1:15 PM)

**17** 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  
(PRE-REGISTRATION REQUIRED)  
(2:00-3:30 PM)

**18** 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)

**21** FALLS PREVENTION EXERCISE  
(11:00 AM - 11:50 AM)  
FUNCTIONAL FITNESS  
(2:00 -3:00 PM)

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

**23** INDIAN THERAPEUTIC DANCE  
(12:15 - 1:15 PM)  
HYMN SING (10:00-10:45AM)  
CHINESE BIBLE STUDY  
(10:45AM-12:00 PM)

**24** PING PONG  
(10:00 AM-12:00 PM)  
KNITTING CLUB (IN LIBRARY)  
(10:30 AM - 12:00 PM)

**25** **HEALTH FAIR  
(10:00 AM  
- 2:00 PM)**

**28** FALLS PREVENTION EXERCISE  
(11:00 AM - 11:50 AM)  
FUNCTIONAL FITNESS  
(2:00 -3:00 PM)

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

**30** INDIAN DANCE  
(12:15 - 1:15 PM)  
MOVIE MOMENT  
"A STAR IS BORN"  
(2:00 PM - 4:00 PM)

**31** 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  
(PRE-REGISTRATION REQUIRED)  
(2:00-3:30 PM)

**SOCIAL ASSISTANCE:  
MONDAYS  
9:00 AM - 12:00 PM**

**OCTOBER 2019  
BetterLiving**