



APRIL

Seniors Active Living Centre



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1		2		3	
		Group Social Walking 9:30 AM Social, Chats and Games 1:00 PM		Hobby Lobby 1:00 PM		CLOSED	
6		7		8		9	
CLOSED		Chair Yoga 9:30 AM Ukulele Meet-Up 1:30 PM		Group Social Walking 9:30 AM Fire Safety Presentation 1:20 PM		Hobby Lobby 1:00 PM	
13		14		15		16	
VON Exercise 8:30 AM Drop-In Karaoke 10:30 AM Social, Chats & Games 1:00 PM Guitar Jammers 1:00 PM		Chair Yoga 9:30 AM Ukulele Meet-Up 1:30 PM		Group Social Walking 9:30 AM Social, Chats and Games 1:00 PM		Specialty Jewelry Workshop ** 10:00 AM Hobby Lobby 1:00 PM	
20		21		22		23	
VON Exercise 8:30 AM Drop-In Karaoke 10:30 AM Guitar Jammers 1:00 PM Mexican Train Dominoes 1:00 PM		Chair Yoga 9:30 AM Ukulele Meet-Up 1:30 PM		Group Social Walking 9:30 AM Social, Chats and Games 1:00 PM		Hobby Lobby 1:00 PM	
27		28		29		30	
VON Exercise 8:30 AM Drop-In Karaoke 10:30 AM Guitar Jammers 1:00 PM Mexican Train Dominoes 1:00 PM		Ukulele Meet-Up 1:30 PM		Group Social Walking 9:30 AM Social, Chats and Games 1:00 PM		Hobby Lobby 1:00 PM	

FREE DROP-IN PROGRAMS

Drop-In Karaoke
A fun, social, and energizing way to connect through music. Enjoy each others company while singing along to classics.

Mexican Train Dominoes
A relaxed and social program where seniors can gather to enjoy this popular strategy game.

VON S.M.A.R.T. EXERCISE
A research and evidence based exercise and fall prevention program. **New participants must register directly with VON at 705.355.2200.**

HOBBY LOBBY
Come showcase your skills and enjoy occasional instructional sessions.



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