



JULY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED FOR CANADA DAY HOLIDAY	3 9:30-10:30am Chair Yoga (JM) 10:00-11:00am Chair-based gentle exercise (MGP) 3:00-4:00pm Chair-based gentle exercise (GB)	4 10:00-11:00am Heart Healthy Fitness (MGP) 10:30-11:30am Balls, Bands and Balance (MC) 3:00-4:00pm Chair-based gentle exercise (JM) 3:00-4:00pm Bands and Balance (TS)	5 9:30-10:30am Gentle Yoga \$5.00 (SA) 10:30-11:30am Chair-based gentle exercise (MC) 3:00-4:00pm Chair-Based Low-Impact Cardio (GB) 3:00-4:00pm Bands and Balance (JB)	6 10:00-11:00am Chair-based gentle exercise (TS) 10:30-11:30am Low-Impact Cardio (standing) (JM)
9 3:00-4:00pm Chair-based gentle exercise (JB)	10 9:30-10:30am Chair Yoga (JM) 10:00-11:00am Chair-based gentle exercise (MGP) 3:00-4:00pm Chair-based gentle exercise (GB)	11 10:00-11:00am Heart Healthy Fitness (MGP) 10:30-11:30am Balls, Bands and Balance (MC) 3:00-4:00pm Chair-based gentle exercise (JM) 3:00-4:00pm Bands and Balance (TS)	12 9:30-10:30am Gentle Yoga \$5.00 (SA) 10:30-11:30am Chair-based gentle exercise (MC) 2:00-4:00pm Older LGBT Social (SSC) 3:00-4:00pm Chair-Based Low-Impact Cardio (GB) 3:00-4:00pm Bands and Balance (JB)	13 10:00-11:00am Chair-based gentle exercise (TS) 10:30-11:30am Low-Impact Cardio (standing) (JM)
16 3:00-4:00pm Chair-based gentle exercise (JB)	17 9:30-10:30am Chair Yoga (JM) 10:00-11:00am Chair-based gentle exercise (MGP) 3:00-4:00pm Chair-based gentle exercise (GB)	18 10:00-11:00am Heart Healthy Fitness (MGP) 10:30-11:30am Balls, Bands and Balance (MC) 3:00-4:00pm Chair-based gentle exercise (JM) 3:00-4:00pm Bands and Balance (TS)	19 9:30-10:30am Gentle Yoga \$5.00 (SA) 10:30-11:30am Chair-based gentle exercise (MC) 3:00-4:00pm Chair-Based Low-Impact Cardio (GB) 3:00-4:00pm Bands and Balance (JB)	20 9:30-11:30am Active Fingers Knitting & Crochet Group (SSC) 10:00-11:00am Chair-based gentle exercise (TS) 10:30-11:30am Low-Impact Cardio (standing) (JM)
23 3:00-4:00pm Chair-based gentle exercise (JB)	24 9:30-10:30am Chair Yoga (JM) 10:00-11:00am Chair-based gentle exercise (MGP) 3:00-4:00pm Chair-based gentle exercise (GB)	25 10:00-11:00am Heart Healthy Fitness (MGP) 10:30-11:30am Balls, Bands and Balance (MC) 3:00-4:00pm Chair-based gentle exercise (JM) 3:00-4:00pm Bands and Balance (TS)	26 9:30-10:30am Gentle Yoga \$5.00 (SA) 10:30-11:30am Chair-based gentle exercise (MC) 2:00-4:00pm Older LGBT Social (SSC) 3:00-4:00pm Chair-Based Low-Impact Cardio (GB) 3:00-4:00pm Bands and Balance (JB)	27 10:00-11:00am Chair-based gentle exercise (TS) 10:30-11:30am Low-Impact Cardio (standing) (JM)
30 3:00-4:00pm Chair-based gentle exercise (JB)	31 9:30-10:30am Chair Yoga (JM) 10:00-11:00am Chair-based gentle exercise (MGP) 3:00-4:00pm Chair-based gentle exercise (GB)		George Barker Manor, 384 Mt Pleasant Rd. (GB) Janet Magee Manor, 71 Merton St. (JM) Joseph Brown Manor, 3179 Yonge St. (JB) Marjory Carton Apts., 193 Wilson Ave. (MC) Montgomery Place, 130 Eglinton Ave. E. (MGP) Moore Place, 801 Mount Pleasant Rd. (MP) North Toronto Memorial Community Centre, 200 Eglinton Ave. W. (NT)	SPRINT Senior Care, 140 Merton St. (SSC) St. Augustine Church, 1847 Bayview Ave. (SA) The Sherwood, 2567 Yonge St. (TS) Timothy Eaton Memorial Church, 230 St. Clair Ave. W. (TE)

TRANSPORTATION TO SPRINT SENIOR CARE PROGRAMS (ONE-WAY TRIP) STARTS AT \$3.50



JULY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED FOR CANADA DAY HOLIDAY	3 12:00-1:00pm Healthy Lunch Café \$5.00-\$6.50 (GB)	4 12:00-1:00pm Healthy Lunch Café \$5.00-\$6.50 (JM)	5 10:00-11:00am Metro Group Shopping @ Bayview & Eglinton 1:00-2:30pm No Frills Group Shopping @ 1811 Avenue Rd.	6 10:00-11:00am Metro Group Shopping @ Bayview & Eglinton 1:00-2:30pm Metro Group Shopping @ Bayview & Eglinton
9 12:00pm Lunch \$6.50 (JB) 12:00-2:00pm Group Shopping @ Eglinton Square, 1 Eglinton Sq.	10 12:00-1:00pm Healthy Lunch Café \$5.00-\$6.50 (GB)	11 12:00-1:00pm Healthy Lunch Café \$5.00-\$6.50 (JM)	12 10:00-11:00am Metro Group Shopping @ Bayview & Eglinton 1:00-2:30pm No Frills Group Shopping @ 1811 Avenue Rd.	13 10:00-11:00am Metro Group Shopping @ Bayview & Eglinton 1:00-2:30pm Metro Group Shopping @ Bayview & Eglinton
16 12:00pm Lunch \$6.50 (JB) 12:00-2:00pm Group Shopping @ Dufferin Mall, 900 Dufferin St.	17 12:00-1:00pm Healthy Lunch Café \$5.00-\$6.50 (GB)	18 12:00-1:00pm Healthy Lunch Café \$5.00-\$6.50 (JM)	19 10:00-11:00am Metro Group Shopping @ Bayview & Eglinton 1:00-2:30pm No Frills Group Shopping @ 1811 Avenue Rd.	20 10:00-11:00am Metro Group Shopping @ Bayview & Eglinton 11:00am-2:00pm Blueberry Social and Farmers Market (SSC) 1:00-2:30pm Metro Group Shopping @ Bayview & Eglinton
23 12:00pm Lunch \$6.50 (JB) 12:00-2:00pm Group Shopping @ Walmart, 1900 Eglinton Ave E	24 12:00-1:00pm Healthy Lunch Café \$5.00-\$6.50 (GB) 1:00pm-3:00pm Loblaw Cooking School, St Clair Ave West, near Bathurst	25 12:00-1:00pm Healthy Lunch Café \$5.00-\$6.50 (JM)	26 10:00-11:00am Metro Group Shopping @ Bayview & Eglinton 1:00-2:30pm No Frills Group Shopping @ 1811 Avenue Rd.	27 10:00-11:00am Metro Group Shopping @ Bayview & Eglinton 11:00am-12:30pm Farmer's Market at McMurrich Place, 18 Davenport Road 1:00-2:30pm Metro Group Shopping @ Bayview & Eglinton
30 12:00pm Lunch \$6.50 (JB) 12:00-2:00pm Group Shopping @ Eglinton Square, 1 Eglinton Sq.	31 12:00-1:00pm Healthy Lunch Café \$5.00-\$6.50 (GB) 1:00pm-3:00pm Loblaw Cooking School, St Clair Ave West, near Bathurst		George Barker Manor, 384 Mt Pleasant Rd. (GB) Janet Magee Manor, 71 Merton St. (JM) Joseph Brown Manor, 3179 Yonge St. (JB) Marjory Carton Apts., 193 Wilson Ave. (MC) Montgomery Place, 130 Eglinton Ave. E. (MGP) Moore Place, 801 Mount Pleasant Rd. (MP) North Toronto Memorial Community Centre, 200 Eglinton Ave. W. (NT)	

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