



January

Seniors Active Living Centre



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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VON Exercise 8:30 AM
Guitar Jammers (N) 12:30 PM
Social, Chats & Games 1:00 PM
Guitar Jammers (E) 1:45 PM

Chef Series 10:30 AM
Ukulele Jammers 1:30 PM

Group Social Walking 9:30 AM
VON Exercise 1:00 PM
Social, Chats and Games 1:00 PM

Specialized Jewelry Workshop*†
10:00 AM

Chair Yoga 11:00 AM
VON Exercise 1:00 PM

VON Exercise 8:30 AM
Guitar Jammers (N) 12:30 PM
Social, Chats & Games 1:00 PM
Guitar Jammers 1:45 PM

Chef Series 10:30 AM
Ukulele Jammers 1:30 PM

Group Social Walking 9:30 AM
VON Exercise 1:00 PM
Social, Chats and Games 1:00 PM

Hobby Lobby 1:00 PM

Chair Yoga 11:00 AM
VON Exercise 1:00 PM

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VON Exercise 1:00 PM

FREE DROP-IN PROGRAMS

SOCIAL WALKING

Join our weekly walking group for a guided walk through local trails, parks, and beaches.

UKULELE JAMMERS

Practice easy and fun songs in a group format. Participants should know basic chords.

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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