



January

Seniors Active Living Centre



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1					2				
Closed for Holidays					Closed for Holidays				
5					6				
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				
7					8				
Group Social Walking 9:30 AM VON Exercise 1:00 PM Social, Chats and Games 1:00 PM					Specialized Jewelry Workshop*† 10:00 AM				
9					10				
Chair Yoga 11:00 AM VON Exercise 1:00 PM					Closed for Holidays				
11					12				
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				
13					14				
Group Social Walking 9:30 AM VON Exercise 1:00 PM Social, Chats and Games 1:00 PM					Hobby Lobby 1:00 PM				
15					16				
Chair Yoga 11:00 AM VON Exercise 1:00 PM					Closed for Holidays				
17					18				
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				
19					20				
Group Social Walking 9:30 AM VON Exercise 1:00 PM Social, Chats and Games 1:00 PM					Hobby Lobby 1:00 PM				
21					22				
Chair Yoga 11:00 AM VON Exercise 1:00 PM					Closed for Holidays				
23					24				
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				
25					26				
Group Social Walking 9:30 AM VON Exercise 1:00 PM Social, Chats and Games 1:00 PM					Hobby Lobby 1:00 PM				
27					28				
Chair Yoga 11:00 AM VON Exercise 1:00 PM					Closed for Holidays				
29					30				
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				
31					32				
Group Social Walking 9:30 AM VON Exercise 1:00 PM Social, Chats and Games 1:00 PM					Hobby Lobby 1:00 PM				
33					34				
Chair Yoga 11:00 AM VON Exercise 1:00 PM					Closed for Holidays				

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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