



September

Seniors Active Living Centre



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1	2	3	4
	Ukulele Meet-Up 1:30 PM	Group Social Walking 9:30 AM Social, Chats and Games 1:00 PM	Hobby Lobby 1:00 PM	No Programs
7	8	9	10	11
CLOSED	Ukulele Meet-Up 1:30 PM	Group Social Walking 9:30 AM Social, Chats and Games 1:00 PM	Specialized Custom Jewelry 10:00 AM*† Hand Wax & Meditation 1:00 PM	No Programs
14	15	16	17	18
Drop-In Karaoke 10:30AM 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	No Programs
21	22	23	24	25
Drop-In Karaoke 10:30 AM Guitar Jammers 1:00 PM* Mexican Train Dominoes 1:00 PM	Ukulele Meet-Up 1:30 PM Chair Yoga 10:00AM*†	Group Social Walking 9:30 AM Social, Chats and Games 1:00 PM	St. Jacobs Market 9:00 AM - 5:30 PM*† *No Hobby Lobby	Chair Yoga 10:00 AM*†
28	29	30		
Drop-In Karaoke 10:30 AM Guitar Jammers 1:00 PM* Mexican Train Dominoes 1:00 PM	Ukulele Meet-Up 1:30 PM Chair Yoga 10:00AM*†	CLOSED		

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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