

Monday

Tuesday

Wednesday

Thursday

Friday

# March 2019

**Fun Fact:** As per olden Devon superstition, it was considered unlucky to plant new seeds in the first three days of the month of March. That is why those days were named as the blind days.

**COLOUR LEGEND:**  
● NEW & EXCITING  
● CAFÉ  
● YORK PROGRAM  
● CHANGE IN TIME OR LOCATION

**1**  
10-11 Classic Cardio/Tone \$7  
11-12:30 Café Lunch  
12:30 Skip-Bo/ Euchre/ Darts  
\*No program Coordinator on site

**4**  
9:15-10:15 Cardio Mix-Up \$7  
10:30-11:45 Yoga \$7  
2-2:45 55+ Fitness with Jess - FREE

**5**  
8:30-9:30 Urban Pole Walking Meet at LaFortune Park  
10:15-11 Chair Cardio & Tone  
11:30-12:30 National Pancake Day \$2  
12:30 Skip-Bo/Euchre/Darts

**6**  
10:15-11:30 Yoga \$7  
9:30 Senior Fitness Hour (York)  
1-3 Drop in Knitting/Crochet

**7**  
8:30-9:30 Urban Pole Walking Meet at LaFortune Park  
10-10:45 Chair Cardio & Tone  
11-11:45 Men's Strength & Conditioning 101 FREE  
12-1:30 Recipe Share \$2

**8**  
10-11 Classic Cardio/Tone \$7  
11-12:30 Café Lunch  
12:30-2 Skip-Bo/ Euchre/ Darts  
2:30-3:30 Spanish Class  
Reminder: Time Change this Sunday

**11**  
9:15-10:15 Cardio Mix-Up \$7  
10:30-11:45 Yoga \$7  
2-2:45 55+ Fitness with Jess -FREE

**12**  
8:30-9:30 Urban Pole Walking Meet at LaFortune Park  
10:15-11 Chair Cardio & Tone  
11:30-12:30 Toonie Tuesday \$2  
12:30 Beginners guide to becoming a writer \$2

**13**  
10:15-11:30 Yoga \$7  
9:30 Senior Fitness Hour (York) CANCELLED  
1-3 Drop in Knitting/Crochet

**14**  
8:30-9:30 Urban Pole Walking Meet at LaFortune Park  
10-10:45 Chair Cardio & Tone  
11-11:45 Men's Strength & Conditioning \$5  
12-1:30 Recipe Share \$2  
1:30-2:30 Reiki 30 min Session \$10

**15**  
10-11 Classic Cardio/Tone \$7  
11-12:30 Café Lunch  
12:30 Skip-Bo/ Euchre/ Darts  
1-2:15 Spa at Home- Homemade Hand softener \$2

**18**  
9:15-10:15 Cardio Mix-Up \$7  
10:30-11:45 Yoga \$7  
12:30 Lunch & Learn- Investment & Estate planning \$5  
2-2:45 55+ Fitness with Jess -FREE

**19**  
8:30-9:30 Urban Pole Walking Meet at LaFortune Park  
10:15-11 Chair Cardio & Tone  
11:30-12:30 Toonie Tuesday \$2  
12:30 St. Patrick's Birthday Party

**20**  
10:15-11:30 Yoga \$7  
9:30 Senior Fitness Hour (York)  
1-3 Drop in Knitting/Crochet  
5:30 Join us for Dinner Hosted by Jeff's Outdoor  
FIRST DAY OF SPRING! 

**21**  
8:30-9:30 Urban Pole Walking Meet at LaFortune Park  
10-10:45 Chair Cardio & Tone  
11-11:45 Men's Strength & Conditioning \$5  
12-1:30 Recipe Share \$2  
1:30 Bingo!

**22**  
10-11 Classic Cardio/Tone \$7  
11-12:30 Café Lunch  
12:30-2 Skip-Bo/ Euchre/ Darts  
2:30-3:30 Spanish Class

**25**  
9:15-10:15 Cardio Mix-Up \$7  
10:30-11:45 Yoga \$7  
2-2:45 55+ Fitness with Jess -FREE

**26**  
8:30-9:30 Urban Pole Walking Meet at LaFortune Park  
10:15-11 Chair Cardio & Tone  
11:30-12:30 Toonie Tuesday \$2  
12:30 Tech Class

**27**  
10:15-11:30 Yoga \$7  
9:30 Senior Fitness Hour (York)  
1-3 Drop in Knitting/Crochet  
1-2 Rescheduled -Taste of Colombia \$5

**28**  
8:30-9:30 Urban Pole Walking Meet at LaFortune Park  
10-10:45 Chair Cardio & Tone  
11-11:45 Men's Strength & Conditioning \$5  
12-1:30 Recipe Share \$2  
1:30 Intro to Shuffle Board

**29**  
10-11 Classic Cardio/Tone \$7  
11-12:30 Café Lunch  
12:30 Skip-Bo/ Euchre/ Darts  
1-2:30 Balloon Splatter Art \$5