









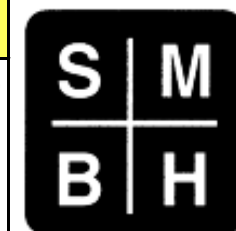


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	11-3 Madison Pub Lunch 1 9:15 Yang Tai Chi 10:30 Betty Ann's Yoga 10:20 Gentle Fitness 12:00 Midday Dinner 12-3 Art Instruction 1-4 iPad Borrowing 4:45 Evening Meal	10:00 Tai Chi 2 11:00 ESL Instruction 11-12:30 Spanish Conversation 12:00 Midday Dinner 12:30 Stretch & Relax 1-4 iPad Borrowing 1:30 Dr. Borgono 2:00 Zumba 6:15-8 Bridge for Beginners	9:30 Osteo Fitness 3 10:30 Betty Ann's Yoga 11:00 Gentle Yoga 12:00 Midday Dinner 12:30-3:30 Duplicate Bridge 4:45 Evening Meal	8-12 Hairdressing 4 9:30 Osteo Fitness 10:45 Dancercise 12:00 Functional Fitness 1 & 2 12:00 Midday Dinner 1:30-3 People/Current Events 3:00 Hearing Support Group 4:45 Evening Meal 7:00 Pet a Pooch	8-12 Hairdressing 5 9:15 Osteo Fitness 10:30 Bible Study 10:30 Osteo Fitness 11-2 Friday Spanish Seniors Club 12:00 Midday Dinner 4:45 Evening Meal	12:00 Midday Dinner 6 
11:00 Wychwood Davenport Presbyterian Church Service 7 1:00 Midday Dinner	11-3 Madison Pub Lunch 8 9:15 Yang Tai Chi 10-2 Mobile Senior Shop Clothing Store 10:30 Betty Ann's Yoga 10:20 Gentle Fitness 12:00 Midday Dinner 12-3 Art Instruction 1-4 iPad Borrowing 4:45 Evening Meal	10:00 Tai Chi 9 11:00 ESL Instruction 11-12:30 Spanish Conversation 12:00 Midday Dinner 12:30 Stretch & Relax 1-4 iPad Borrowing 1:30 Dr. Borgono 2:00 Zumba 6:15-8 Bridge for Beginners	9:30 Osteo Fitness 10 10:30 Betty Ann's Yoga 11:00 Gentle Yoga 12:00 Midday Dinner 12:30-3:30 Duplicate Bridge 2:30-3:30 Memorial Service with Rev. Lauren Hodgson 4:45 Evening Meal	8-12 Hairdressing 11 9:30 Osteo Fitness 10:45 Dancercise 12:00 Functional Fitness 1 & 2 12:00 Midday Dinner 1:30-3 People/Current Events 4:45 Evening Meal 7:00 Pet a Pooch	8-12 Hairdressing 12 9:15 Osteo Fitness 10:30 Bible Study 10:30 Osteo Fitness 11-2 Friday Spanish Seniors Club 12:00 Midday Dinner 2-4 "Remembering When" Fire Presentation 4:45 Evening Meal	12:00 Midday Dinner 13 
11:00 Wychwood Davenport Presbyterian Church Service 14 1:00 Midday Dinner	9:15 Yang Tai Chi 15 10:20 Gentle Fitness 10:30 Betty Ann's Yoga 12:00 Midday Dinner 12-3 Art Instruction 1-4 iPad Borrowing 4:45 Evening Meal	10:00 Tai Chi 16 11:00 ESL Instruction 11-12:30 Spanish Conversation 12:00 Midday Dinner 12:30 Stretch & Relax 1-4 iPad Borrowing 1:30 Dr. Borgono 2:00 Zumba 3:00 Afternoon Tea & Stories 6:15-8 Bridge for Beginners	9:30 Osteo Fitness 17 10:30 Betty Ann's Yoga 11:00 Gentle Yoga 12:00 Midday Dinner 12:30-3:30 Duplicate Bridge 4:45 Evening Meal	8-12 Hairdressing 18 9:30 Osteo Fitness 10:45 Dancercise 12:00 Functional Fitness 1 & 2 12:00 Midday Dinner 12:30-3 Lunch & Movie "Concussion" (2015) 4:45 Evening Meal 7:00 Pet a Pooch	12:00 Midday Dinner 19 Good Friday <i>Office Closed</i>	12:00 Midday Dinner 20 
11:00 Wychwood Davenport Presbyterian Church Service 21 1:00 Midday Dinner Easter Sunday 	12:00 Midday Dinner 22  Easter Monday <i>Office Closed</i>	12:00 Midday Dinner 23 1-4 iPad Borrowing 1:30 Dr. Borgono 3-4 Scam & Fraud Presentation by Toronto Police 6:15-8 Bridge for Beginners	10:30 Betty Ann's Yoga 24 12:00 Midday Dinner 1:30-4:30 Shopping Service @ Dufferin Mall	8-12 Hairdressing 25 12:00 Midday Dinner 7:00 Pet a Pooch	8-12 Hairdressing 26 10:30 Bible Study 12:00 Midday Dinner 1:30 Movie Matinee "The Great Buster: A Celebration" (2018 Documentary) 4:45 Evening Meal	12:00 Midday Dinner 27 
11:00 Wychwood Davenport Presbyterian Church Service 28 1:00 Midday Dinner	9:15 Yang Tai Chi 29 10:20 Gentle Fitness 10:30 Betty Ann's Yoga 12:00 Midday Dinner 12-3 Art Instruction 1-4 iPad Borrowing  SAS ALC Spring Session Begins!	10:00 Tai Chi 30 11:00 ESL Instruction 11-12:30 Spanish Conversation 12:00 Midday Dinner 12:30 Stretch & Relax 1-4 iPad Borrowing 1:30 Dr. Borgono 1:45 Seniors Singing for Joy 2:00 Zumba 6:15-8 Bridge for Beginners	<h1 style="color: green;">April 2019</h1>   <p>Office 9:00 a.m.-5:00 p.m. - Call 416-656-2669 Emergency On Call After 5 p.m.: 416-824-1767</p>  			



SAS Active Living Centre

Please Note: All instructor led classes are 1 hour long unless otherwise indicated.

SAS Active Living Centre

It's official! Over the last 6 months we've shared spaces, friendships and fun with our SAS friends and staff members. And now we're delighted to share with you the new name of the Program Department at St. Matthew's Bracondale House.

SAS Active Living Centre reflects Bracondale's commitment to honour the proud 40 year history of Senior Adult Services in the Annex and its strong, devoted members. Together with residents of Bracondale House, we have formed a partnership centered around older adults where they can remain energetic, engaged and active through a variety of programs and activities.

Movie Matinee featuring "The Great Buster: A Celebration" on Apr. 26 @ 1:30 p.m.

Buster Keaton was one of America's most influential and celebrated filmmakers and comedians. His singular style and fertile output during the silent era created his legacy as a true cinematic visionary.

Energy Saving Tip

Turn water off when shaving, washing hands, brushing teeth. Reduce your hot water usage by 5% to save about \$19.

