

WSUC Gym

Time	Mon	Tues	Wed	Thurs	Fri
8:30		Chair YOGA		Chair YOGA	
9:00	Senior Low		Senior Low		Senior Low
9:30	Impact Exer.		Impact Exer.		Impact Exer.
10:00					
10:30	Intermediate	Beginner	BOOST		Practice
11:00	Tia Chi	TAI CHI	TAI CHI		TAI CHI
11:30					
12:00					
12:30					
1:00	Music Jam				
1:30					
2:00					
2:30	Music Jam				
3:00					

WSUC Mezzanine

Time	Mon	Tues	Wed	Thurs	Fri
11:00			Art Studio		
11:30					
12:00					
12:30					
1:00					
1:30	Euchre				
2:00					
2:30					
3:00					
3:30					
4:00					

WSUC Living Room

Time	Mon	Tues	Wed	Thurs	Fri
9:00					
9:30	Meditation				
10:00					
10:30				Beginners'	
11:00	BookClub			Spanish Conv.	
11:30	Once/month				
12:00					
1:00					
1:30					
2:00				Spanish Inter.	
2:30				Conversation	

Salvation Army (North)

Time	Mon	Tues	Wed	Thurs	Fri
9:15			Table Tennis		
9:30	Quilting				
10:00					
10:30					Line Dancing -
11:00					Beginners
11:30					
12:00					
12:30					
1:00					
1:30		Line Dancing- Intermediate	Line Dancing- Intermediate		
2:00					

Salvation Army (South)

Time	Mon	Tues	Wed	Thurs	Fri
9:00					
9:30	UKULELE				UKULELE
10:00	Intermediate				
10:30	Plus				
11:00					
1:30		ART STUDIO			
2:00					
2:30					
3:00					

St. Paul's Anglican Church Hall

Time	Mon	Tues	Wed	Thurs	Fri
9:00	Mosaic				Tole
9:30	Art			French	Painting
10:00				Conversation	
10:30					
11:00				French	
11:30				Advanced	
12:00					
12:30					
1:00				French	
1:30				Basic	
2:00					
2:30					

Other Classes outside of Venues

1:50 Wednesday

Walking Class - Meet behind the Art Centre @ Metro. Start walking @ 2 PM
Rain or Shine

12:00 Wednesday

Facial Reflexology on Zoom (Noon - 1PM)