

Health & Wellness Calendar 2016

Monday	Pinnacle view, Alton	Walking, indoors	9:00-9:30
		Expressive Arts Seasonal activities Community gardening	9:30-11:30
Tuesday	Snelgrove Building	Walking, indoors	9:30-10:00
		Expressive Arts. Seasonal project Community gardening	9:30-11:30
	Caledon Village	Walking, indoors	1:30- 2pm
		Expressive Arts. Seasonal project Community gardening	2-4pm
Thursday	The Exchange	Zoomer Boomer Senior s day Varity of workshops, Visual Arts, cooking/baking, Brain exercise, motivation, stimulation music, Free Lunch CCAC Exercise and Fall prevention	10-11:30 1200-1 pm 1-3 pm, 3 level classes.
	The Exchange	Book club	1-3 4 th Thursday each month
Friday	Jane street, Bolton	Walking Expressive Arts. ⁱ Seasonal project Brain exercises	9:30-10am 10-11:30
