

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<p>2  LABOUR DAY</p> <p>SHOAL Centre Closed Tides Dining Room Open Regular Hours</p>	<p>3 Conversational Spanish 10 - 11:30am</p> <p>Qi Gong Tai Chi 10:30-11:30am</p> <p>Gentle Fit Flow Yoga II 4:30-5:30pm</p> <p>The Singing Holdens 1:15pm</p>	<p>4 Why not stop by our Tuck Shop with a friend for a Coffee and Cookie or Scone for just \$2.00?</p> 	<p>5 Footcare Clinic</p> <p>Gentle Fit Flow Yoga 9 - 10am</p> <p>Uke Jam 9:30-11am</p> <p>Neuro Linguistic Programming (NLP) 10:30-11:30am</p> <p>Free Legal Clinic 1 - 4pm</p> <p>White Cane Club 2 - 3:30pm</p>	<p>6 Chair Yoga 12:30-1:30pm</p> 	<p>7  SHOAL Centre Open house 10am-2pm</p> <p>Accordion Band Jam Session 2:30pm</p> <p>1 & 8</p>
<p>9 Slow Motion Tai Chi 10:30-11:30am</p> <p>Be Well Clinic 1-2pm</p> <p>Meditation 6:30-7:45pm</p> <p>Mendelssohn Choir 6:30pm</p> 	<p>10 Interval Training 9 - 10am</p> <p>Conversational Spanish 10 - 11:30am</p> <p>Qi Gong Tai Chi 10:30-11:30am</p> <p>Gentle Fit Flow Yoga II 4:30-5:30pm</p> <p>The Splinters 1:15pm</p>	<p>11 Nutrition Discussion: Supplements 1:30 - 3pm</p>  <p>Sidney Wednesday Night Acoustical Jam (SWNAJ) 7-9pm</p>	<p>12 Footcare Clinic</p> <p>Gentle Fit Flow Yoga 9 - 10am</p> <p>Sit & Stay Fit 9:30 - 11:10am</p> <p>Uke Jam 9:30-11am</p> <p>NLP 10:30-11:30am</p> <p>Minds In Motion 1:30 - 3pm</p>	<p>13 Alzheimer Society: Dementia Workshop: Heads Up: An intro to Brain Health 10-12pm</p>  <p>Chair Yoga 12:30-1:30pm</p>	<p>14 Sing-A-Long 2-3pm</p> <p>15</p>
<p>16 Slow Motion Tai Chi 10:30-11:30am</p> <p>Be Well Clinic 1-2pm</p> <p>Meditation 6:30-7:45pm</p> <p>Mendelssohn Choir 6:30pm</p>	<p>17 Interval Training 9 - 10am</p> <p>Conversational Spanish 10 - 11:30am</p> <p>Qi Gong Tai Chi 10:30-11:30am</p> <p>Gentle Fit Flow Yoga II 4:30-5:30pm</p> <p>The Splinters 1:15pm</p>	<p>18 Sidney Wednesday Night Acoustical Jam (SWNAJ) 7-9pm</p> 	<p>19 Footcare Clinic</p> <p>Gentle Fit Flow Yoga 9 - 10am</p> <p>Sit & Stay Fit 9:30 - 11:10am</p> <p>Uke Jam 9:30-11am</p> <p>NLP 10:30-11:30am</p> <p>Minds In Motion 1:30 - 3pm</p>	<p>20 Alzheimer Society: Dementia Workshop: Dementia Friends 10 - 12pm</p> <p>Alcohol Ink Art Workshop 1-4pm</p> <p>Chair Yoga 12:30-1:30pm</p>	<p>21 Sing-A-Long 2-3pm</p> <p>Balance & Fall Prevention Workshop 10 - 11:30am</p>  <p>Accordion Band Jam Session 2:30pm</p> <p>22</p>
<p>23 Slow Motion Tai Chi 10:30-11:30am</p> <p>Beginners Bridge 1-4pm</p> <p>Be Well Clinic 1-2pm</p> <p>Meditation 6:30-7:45pm</p> <p>Mendelssohn Choir 6:30pm</p> 	<p>24 Interval Training 9 - 10am</p> <p>Conversational Spanish 10 - 11:30am</p> <p>Qi Gong Tai Chi 10:30-11:30am</p> <p>Gentle Fit Flow Yoga II 4:30-5:30pm</p> <p>Ballroom Dancing 7 - 9:30pm</p>	<p>25 Apple Strudel at the Tuck Shop \$1.50/slice</p>  <p>Sidney Wednesday Night Acoustical Jam (SWNAJ) 7-9pm</p>	<p>26 Footcare Clinic</p> <p>Gentle Fit Flow Yoga 9 - 10am</p> <p>Sit & Stay Fit 9:30 - 11:10am</p> <p>Uke Jam 9:30-11am</p> <p>NLP 10:30-11:30am</p> <p>Minds In Motion 1:30 - 3pm</p>	<p>27 Chair Yoga 12:30-1:30pm</p> 	<p>28 Sing-A-Long 2-3pm</p> <p>29</p>
<p>30 Slow Motion Tai Chi 10:30-11:30am</p> <p>Beginners Bridge 1-4pm</p> <p>Be Well Clinic 1-2pm</p> <p>Better Breathers 1:30 - 3pm</p> <p>Meditation 6:30-7:45pm</p>	<p>31 Interval Training 9 - 10am</p> <p>Conversational Spanish 10 - 11:30am</p> <p>Qi Gong Tai Chi 10:30-11:30am</p> <p>Gentle Fit Flow Yoga II 4:30-5:30pm</p>	<p>Event Calendar</p>  <p>Beacon Community Services at SHOAL Centre</p>			