


MONDAY (9AM to 8PM)	TUESDAY (8AM to 12PM, 2PM to 8PM)	WEDNESDAY (8AM to 8PM)	THURSDAY (8AM to 8PM)	FRIDAY (9AM to 5PM)	SATURDAY (9AM to 12PM, 1PM to 5PM)
2 LABOUR DAY	3 10:00am – 11:00am Social Walk* 11:00am – 12:00pm GLA:D™ Program* 2:00pm – 3:00pm GLA:D™ Program* 6:15pm – 7:30pm Gentle Yoga*	4 11:00am – 12:30pm Baby's First Year* 12:45pm – 1:45pm GLA:D™ Program* 1:00pm – 3:00pm Brain Booster 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2* 5:30pm – 6:30pm GLA:D™ Program*	5 10:30am – 11:30pm GLA:D™ Program* 11:00am – 1:30pm Bones Matter* 2:00pm – 3:00pm GLA:D™ Program* 2:30pm – 4:30pm Art Café 3:30pm – 5:30pm Sexual Health Clinic	6 10:00am – 11:00 am Introduction to Computer Tablets* 1:00pm – 2:00 pm Introduction to Computer Tablets*	7
9 10:00am – 11:30am Diabetes Support Group 10:00am – 12:00pm Pulmonary Rehab Group* 12:45pm – 1:45pm GLA:D™ Program* 1:30pm – 3:00pm Diabetes Support Group 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Building Better Backs* 5:30pm – 6:30pm GLA:D™ Program*	10 10:00am – 11:00am Social Walk* 11:00am – 12:00pm GLA:D™ Program* 2:00pm – 3:00pm GLA:D™ Program* 2:30pm – 4:00pm Advanced Care Planning Workshop* 6:15pm – 7:30pm Gentle Yoga*	11 10:00am – 12:00pm Pulmonary Rehab Group* 11:00am – 12:30pm Baby's First Year* 12:45pm – 1:45pm GLA:D™ Program* 1:00pm – 3:00pm Healthy Living for Immigrant Women @AP 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2* 5:30pm – 6:30pm GLA:D™ Program*	12 11:00am – 12:00pm GLA:D™ Program* 11:00am – 1:30pm Bones Matter* 2:00pm – 3:00pm GLA:D™ Program* 3:30pm – 5:30pm Sexual Health Clinic	13 10:00am – 11:00 am Introduction to Computer Tablets* 1:00pm – 2:00 pm Introduction to Computer Tablets*	14
16 10:00am – 12:00pm Pulmonary Rehab Group* 12:45pm – 1:45pm GLA:D™ Program* 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2* 5:30pm – 6:30pm GLA:D™ Program*	17 10:00am – 11:00am Social Walk* 11:00am – 12:00pm GLA:D™ Program* 2:00pm – 3:00pm GLA:D™ Program* 6:15pm – 7:30pm Gentle Yoga*	18 10:00am – 12:00pm Pulmonary Rehab Group* 11:00am – 12:30pm Baby's First Year* 12:45pm – 1:45pm GLA:D™ Program* 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2* 5:00pm – 7:30pm Good Food Box* 5:30pm – 6:30pm GLA:D™ Program*	19 11:00am – 12:00pm GLA:D™ Program* 11:00am – 1:30pm Bones Matter* 2:00pm – 3:00pm GLA:D™ Program* 2:30pm – 4:00pm Knitting Group* 3:30pm – 5:30pm Sexual Health Clinic	20 10:00am – 11:00 am Introduction to Computer Tablets* 1:00pm – 2:00 pm Introduction to Computer Tablets*	21
23 10:00am – 12:00pm Pulmonary Rehab Group* 12:45pm – 1:45pm GLA:D™ Program* 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Building Better Backs* 5:30pm – 6:30pm GLA:D™ Program*	24 10:00am – 11:00am Social Walk* 11:00am – 12:00pm GLA:D™ Program* 2:00pm – 3:00pm GLA:D™ Program* 6:15pm – 7:30pm Gentle Yoga*	25 10:00am – 12:00pm Pulmonary Rehab Group* 11:00am – 12:30pm Baby's First Year* 12:45pm – 1:45pm GLA:D™ Program* 1:00pm – 3:00pm Healthy Living for Immigrant Women @AP 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2* 5:30pm – 6:30pm GLA:D™ Program*	26 11:00am – 12:00pm GLA:D™ Program* 11:00am – 1:30pm Bones Matter* 2:00pm – 3:00pm GLA:D™ Program* 2:30pm – 4:00pm Live with Less Clutter* 3:30pm – 5:30pm Sexual Health Clinic	27 10:00am – 11:00 am Introduction to Computer Tablets* 1:00pm – 2:00 pm Introduction to Computer Tablets*	28
30 10:00am – 12:00pm Pulmonary Rehab Group 12:45pm – 1:45pm GLA:D™ Program* 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2* 4:15pm – 5:15pm Building Better Backs* 5:30pm – 6:30pm GLA:D™ Program*	 <p>World Alzheimer's Month</p> <p><u>DID YOU KNOW?</u></p> <ul style="list-style-type: none"> Someone in the world develops dementia every 3 seconds (9.9 million new cases each year) Studies suggest that ~75 of people with dementia have not received a diagnosis <p><u>ARE YOU A CAREGIVER?</u></p> <ul style="list-style-type: none"> Learn ways to care for your loved one at changeofoundation.ca/ 