

February 2020

St. James Town Seniors Corner
200 Wellesley St. E



EVERY DAY ACTIVITIES:
10:00am-10:30am: Supportive Discussion
11:00am-12:00pm: Group Meal Preparation
12:00pm—12:30pm: Nutritious Lunch

♥♥♥For the Love of Seniors♥♥♥
 Wellesley Community Centre
 Friday, February 14th
 11:00am-2:00pm

Join us at
 Our Lady of Lourdes Church
 For \$2 Lunch and Piano Sing Along
 520 Sherbourne St
 Friday, February 21st
 1:00pm-3:30pm

Tuesdays, Wednesdays and Thursdays:

Tuesday	Wednesday	Thursday
4 10:30 - 11:00: Grocery Shopping 11:00 - 12:00: Song Title Word Game 12:30 - 2:00: "The Day The Music Died" Discussion	5 10:45 - 11:15: Conversational English 11:15 - 11:45: Get Fit! Group Exercises 1:00 - 2:00: Trivia Time	6 10:30 - 11:00: Group Discussion 11:00 - 12:00: Trivia Time 12:30 - 2:00: Visit to Re kai Centre
11 10:30 - 11:00: Grocery Shopping 11:00 - 2:00: Outing to Yonge Street Mission	12 10:45 - 11:15: Conversational English 11:15 - 11:45: Get Fit! Group Exercises 1:00 - 2:00: Jewelry Making / Fixing	13 <i>Pet Food Day</i> 10:30 - 11:00: Group Board Games 11:00 - 12:00: Making Valentine's Cards 12:30 - 2:00: Creative Corner
18 10:30 - 11:00: Grocery Shopping 11:00 - 12:00: Name That Tune 12:30 - 2:00: Hand Chimes	19 10:45 - 11:15: Conversational English 11:15 - 11:45: Get Fit! Group Exercises 1:00 - 2:00: Classic Oldies Shows	20 10:30 - 11:00: Horoscope reading 11:00 - 12:00: Giant Crossword Puzzles 12:30 - 2:00: Healthy Baking
25 10:30 - 11:00: Grocery Shopping 11:00 - 12:00: YouTube Videos 12:30 - 2:00: Mardi Gras Celebrations	26 10:45 - 11:15: Conversational English 11:15 - 11:45: Get Fit! Group Exercises 1:00 - 2:00: Tech Talk: Cell Phone Usage	27 10:30 - 11:00: Group Board Games 11:00 - 12:00: Wacky Words 12:30 - 2:00: Creative Corner