

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
O N G O I N G		# Stretch Class 9:30am - 10:00am # Basic Exercise 10:00am - 11:00am # Falls Prevention 11:00am - 12:00pm	# Stretch Class 9:30am - 10:00am # Basic Exercise 10:00am - 11:00am # Falls Prevention 11:00am - 12:00pm	# Advanced Exercise 1:00pm - 2:00pm # Moderate Exercise 2:00pm - 3:00pm	# Drop-in Exercise 10:30am-11:00am (no instructor) # Advanced Exercise 1:00pm - 2:00 pm # Moderate Exercise 2:00pm - 3:00pm		
C A R D S	Bid Euchre 1:00pm - 4:00pm	Cribbage League	Bid Euchre 1:00pm-4:00pm Euchre 7:00pm-10:00pm		Euchre 1:00pm - 4:00pm 6-Handed Euchre 7:00pm - 9:00pm	BINGO 7:00pm - 9:00pm	6 handed Euchre (3 rd Sat) 7:00pm - 9:00pm Euchre (4 th Sat.) 7:00pm - 9:00pm
P R O G R A M S	<div style="border: 1px dashed blue; padding: 5px; width: fit-content;"> Please inquire at the office for information about the Woodshop. </div>		LAMP Foot Clinic (2 nd Tues) by appt. <i>through LAMP</i> Reiki 11:00am - 12:00pm Chair Yoga 2:00pm - 3:00pm Scottish Country Dancing 7:30pm - 9:30pm	Line Dancing 10:00am - 11:30am Lunch & Learn (4 th Wed. Sept - June) 12:00pm - 2:00pm #Art Group 9:30am - 12:30pm Creative Doll Making (last Tues.) 12:30pm - 4:00 pm Chess Club 7:00pm - 11:00pm	Chair Yoga 11:00am - 12:00pm	Zumba Time 9:30am - 10:30am Reflexology <i>by appt. only</i> 11:00am - 2:00pm	
F O O D		Café 9:00am - 2:00pm	Café 9:00am - 2:00pm	Café 9:00am - 2:00pm <i>Café closed on Lunch & Learn days</i>	Café 9:00am - 2:00pm	Café 9:00am - 12:00pm	

Free programs



Franklin Horner Community Centre
432 Horner Avenue Toronto M8W 2B2
416-252-6822 <http://www.franklinhorner.org> E-mail: franklinhorner.inquiries@gmail.com