



Elderly Persons' Centre (EPC)
December 2016 Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
For more information, please contact Shaheda, Lalisee or Maria D. at 416-698-1626.		We wish you a peaceful and Happy Holiday Season! No programs from December 19 2016 to January 6 2017	Computer Class PowerPoint/Internet/e-mail 10:00-11:00 a.m. 91 Barrington Ave.	Coffee N' Chat 1:30-3:00 p.m. Depression: Behavioural Interventions and Strategies 2:00- -2:45 p.m. 91 Barrington Ave.
5	6	7	8	9
No Program	Chair Yoga 1:30-2:45 p.m. 10 Gower Place	Seniors' Fun Club 12:00-4:00 p.m. Chair Yoga 1:15-2:30 p.m. Arts and Brain Booster Club/ Recipe Book Board Games/Holiday Recipes/ Balloon Message 2:45-4:00 p.m. Access Point on Danforth	Computer Class Internet/E-mail/Basic 10:00-11:00 a.m. 91 Barrington Ave.	Coffee N' Chat 1:30-3:00 p.m. Bingo 1:45- 2:30 p.m. 91 Barrington Ave.
12	13	14	15	16
Arts and Crafts Knitting /Jewellery 1:30-3:00 p.m. 91 Barrington Ave.	Chair Yoga 1:30-2:45 p.m. 10 Gower Place	Seniors' Fun Club 12:00-4:00 p.m. Chair Yoga 1:15-2:30 p.m. Arts and Brain Booster Club /Recipe Book/ Gratitude Tree (PT 1) Cards/Dessert Recipes 2:45-4:00 p.m. Access Point on Danforth	Computer Class Internet/E-mail/ Basic 10:00-11:00 a.m. 91 Barrington Ave.	Outdoor Lunch/Holiday Celebration Imperial Buffet 12:30- 2:30 pm 91 Barrington Ave.

Funded by:



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