Masks are no longer mandatory for in-person programs, but they are recommended. Please stay home if feeling unwell.

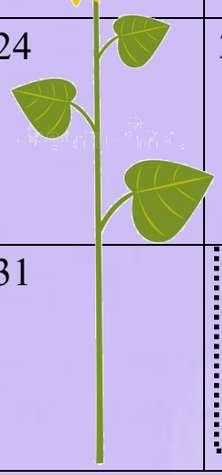
For in-person programs, call to register at 416-860-5901.

July 2024

St. James Town Seniors Corner

In-person (561 Sherbourne P3 Level) and Virtual calendar

To Join our Zoom program:
Meeting ID: 873 3809 5998
Passcode: 3230223
Join by phone: call **647-558-0588**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 *Canada Day*	**2** 10am-3pm 11-11:30am: **Chair Exercises** 11:30am-12pm: **YouTube Videos** 12:30-2pm: **July IQ Trivia** 2-3pm: **English Learning Group**	3	**4** 10am-2pm 11-11:30am: **Zumba** 11:30am-12pm: **Junk Drawer Detective** 12:30-2pm: **Scattergories Game** 1:30-2:15pm: **Leisure Swim at WCC**	**5** Zoom—3:00pm **July Trivia Day**	**6** 1pm-3:30pm **July Trivia, Sewing, Crochet, Computers, + Health & Wellness**
8	**9** 10am-3pm 11-11:30am: **Zumba** 11:30am-12pm: **Group Crossword** 12:30-2pm: **Active Game: Darts** 2-3pm: **English Learning Group**	10 Seniors' Health & Wellness Fair **Ask for flyer for details! **	**11** 10am-2pm 11-11:30am: **Chair Exercise** 11:30am-12pm: **Trivia Time** 12:30-2pm: **Wellesley Park Picnic**	**12** Zoom—3:00pm **Music Around the World**	13 1pm-3:30pm **How to Make Origami + Health & Wellness**
15	**16** 10am-3pm 11-11:30am: **Chair Yoga** 11:30am-12pm: **Wacky Words** 12:30-2pm: **Watercolour Painting** 2-3pm: **English Learning Group**	17	**18** 10am-2pm 11-11:30am: **Zumba** 11:30am-12pm: **YouTube Videos** 12:30-2pm: **BBQ Fun @ 561**	**19** Zoom—3:00pm **Aging and Digestive Conditions**	**20** 1pm-3:30pm **Karaoke Sing Along + Health & Wellness**
22	**23** 10am-3pm 11-11:30am: **Zumba** 11:30am-12pm: **Trivia Time** 12:30-2pm: **Carlton Cinema Movie** 2-3pm: **English Learning Group**	24 	**25** 10am-2pm 11-11:30am: **Meditation** 11:30am-12pm: **Word Search Fun** 12:30-2pm: **Jeopardy! Group Game**	**26** Zoom—3:00pm **World Religion's Quiz**	**27** 1pm-3:30pm **Outing to Sugar Beach**
29	**30** 10am-3pm 11-11:30am: **Chair Exercise** 11:30am-12pm: **Fun with Words** 12:30-2pm: **BINGO** 2-3pm: **English Learning Group**	31	**EVERY DAY ACTIVITIES:** 10-11am: Supportive Discussion & Group Board Games 11am-12pm: Group Meal Preparation 12-12:30pm: Nutritious Lunch		

Programs are subject to change