

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
				Dance Fitness Zoom – 11:00 - 12:00 Weekly Drop In Program	Braintease Zoom – 1:30 – 3:00	
7	8	9	10	11	12	13
			MidTown Social In-Person – AST Head Office 4:00-6:00	Dance Fitness Zoom – 11:00 - 12:00 Weekly Drop In Program Making Strides – Winter in the West End In-Person – Trinity Community Center 11:00-12:30		
14	15	16	17	18	19	20
	Royal Conservatory - Rebank Fellows Concert In-Person – Royal Conservatory of Music 3:00-4:00 Movement, Minds & Magic In-Person - Providence 1:30 – 3:30	Find Your Inner Songbird with Robin Dann In-Person – AST Head Office 10:00-12:30 Virtual Art Talks with AGO Zoom – 2:00 – 3:00		Dance Fitness Zoom – 11:00 - 12:00 Weekly Drop In Program East End Friends In-Person – Scarborough Hub 1:00 – 3:00	Making Strides – Winter in the East End In-Person – Scarborough Town Center 11:00-12:30	
21	22	23	24	25	26	27
				Dance Fitness Zoom – 11:00 - 12:00 Weekly Drop In Program		
28	29	30	31	1	2	3
		Find Your Inner Songbird with Robin Dann In-Person – AST Head Office 1:00-3:30		Dance Fitness Zoom – 11:00 - 12:00 Weekly Drop In Program		

For more information about our Active Living Program: **Kristin Bartlett** at kbartlett@alz.to or 416-389-6099 or **Tracey Adams-Thibaudeau** at tadams-thibaudeau@alz.to or 647-456-6168

To view all ALP Program on our website, scan here:

