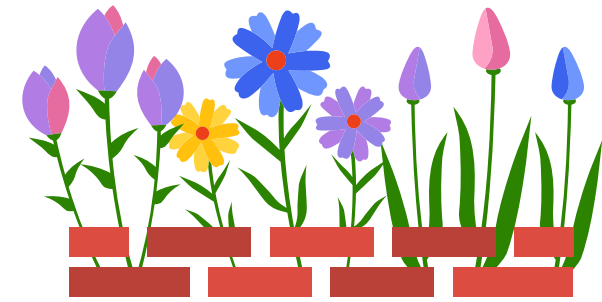





# March 2026



**MON**                      **TUE**                      **WED**                      **THU**                      **FRI**


**2**  
**Sign up for Square One Shopping Centre Van Trip**  
 11:45 Lunch Program - Full Lunch

**3**  
 11:45 Lunch Program - Sandwich & Soup




**4**  
 9:15 **L.I.I.T Up Virtual - New**  
 (Taught by Susan D)

**5**  
 10:00 **Van Trip - Dixie Mall**  
 11:45 Lunch Program - Light Lunch w/ Dessert




**6**  
 11:45 Lunch Program - Soup & Dessert

**9**  
 11:45 Lunch Program - Full Lunch




**10**  
 11:45 Lunch Program - Sandwich & Soup

**11**  
 9:15 **L.I.I.T Up Virtual - New**  
 (Taught by Susan D)



**12**  
 11:45 Lunch Program - Light Lunch w/ Dessert

**13**  
 11:45 Lunch Program - Soup & Dessert




**16**  
**Virtual Program Registration Begins**  
 11:45 Lunch Program - Full Lunch

**17**  
 11:30 **St. Patrick Day Lunch - Registration required**




**18**  
 9:15 **L.I.I.T Up Virtual - New**  
 (Taught by Susan D)

**19**  
 10:00 **Van Trip - Square One Shopping Centre**  
 11:45 Lunch Program - Light Lunch w/ Dessert




**20**  
 11:45 Lunch Program - Soup & Dessert

**23**  
**In person Spring Registration 8:30 to 1:00**  
 11:45 Lunch Program - Full Lunch




**24**  
**In person Spring Registration 8:30 to 1:00**  
 11:45 Lunch Program - Sandwich & Soup

**25**  
 9:15 **L.I.I.T Up Virtual - New**  
 (Taught by Susan D)



**26**  
 11:45 Lunch Program - Light Lunch w/ Dessert




**27**  
 11:45 **Blue Jays Home Opening Jumbo Hot Dog Day**




**31**  
**Make up Classes - Week to March 30 - April 2**  
 11:45 Lunch Program - Full Lunch

**31**  
 11:45 Lunch Program - Sandwich & Soup



**Up coming for April**

- **Good Friday - Friday April 3 - Centre closed**
- **Spring session start- April 6**
- **Volunteer Appreciation Lunch - April 21**



**CONTACT**  
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 info@ywalc.ca  
 &  
 check us out on  
 Facebook & Instagram



# Weekly Schedule

## MON

9:00am Social in Italian  
 9:30 Circuit Training Virtual  
 9:45 Seated Pedaling  
 10:30 Zumba Gold  
 10:45 F\*A\*S\*T Virtual-**New**  
 11:00 French Class  
 11:45 Lunch Program - Full Lunch  
 1:00pm Colouring  
 1:00 Chair Yoga  
 2:15 Yoga

## TUE

9:00am Games, games, games!  
 10:00 HOPE - English for Beginners (taught in Spanish)  
 10:00 Hip Hop Fitness  
 10:45 Pilates Virtual  
 11:45 Get Up & Go-**New time**  
 11:45 Lunch Program - Sandwich & Soup  
 1:00pm Social Bridge  
 1:00 Low Vision Support Group (first Tuesday of each month)  
 1:00 Watercolour Painting  
 1:15 Circuit Training-**New time**  
 2:30 Pelvic Fitness-**New time**

## WED

9:15am L.I.I.T Up Virtual-**New**  
 10:00 Zumba Gold Chair Fusion  
 10:00 Burn & Firm  
 10:30 Italian Conversation Group  
 10:30 BLT Virtual  
 11:15 Broadway Jazz  
 12:45pm Gentle Fitness  
 2:00 Qi Gong  
 3:00 Pickle Ball

## THU

9:00am Weekly Free Meal Pick Up  
 9:30 Yoga Vrtual  
 10:00 Low Stress Chair Fit  
 10:00 HOPE - English for Beginners (taught in Spanish)  
 11:00 Social in Spanish  
 11:30 Line Dancing - Beginners  
 11:45 Lunch Program - Light Lunch with Dessert  
 12:45pm Spanish Class - Beg./Inter. - **New 2 Levels**  
 1:00 Line Dancing - Beginners Plus  
 1:30 Cribbage  
 2:00 Colouring

## FRI

9:30am Body Boot Camp  
 11:00 Drum Fitness  
 11:30 Stretch & Tone Virtual-**New**  
 11:45 Lunch Program - Soup & Dessert  
 12:30pm Craft Club Social  
 12:30 Hand Dance  
 1:15 Social Bridge  
 2:00 Afternoon Unwind Virtual-**New**