

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Let's Move 1:00 – 1:45 pm 1	English Conversation 9:30-11:30am 2	Zumba 10:00-11:00am 3
Get Active 1:00 – 2:00 pm 5	Yoga 11:45-12:30pm 6 Mindfulness 1:00 – 2:30 pm	Chronic Pain Peer Support 1:00 – 2:00pm 7	Let's Move 1:00 – 1:45 pm 8 Zumba 6:30-7:30 pm Basketball 8:00 – 9:30 pm	Garden Fresh Box Orders Due 9 English Conversation 9:30-11:30am	Zumba 10:00-11:00am 10
Get Active 1:00 – 2:00 pm 12	Yoga 11:45-12:30pm 13 Mindfulness 1:00 – 2:30 pm	14	Zumba 6:30-7:30 pm 15	English Conversation 9:30-11:30am 16	Zumba 10:00-11:00am 17
CLOSED FOR FAMILY DAY 19	Yoga 11:45-12:30pm 20 Mindfulness 1:00 – 2:30 pm	Garden Fresh Box Delivery 21 Nutrition Workshop 11:00am – 1:30pm	Let's Move 1:00 – 1:45 pm 22 Zumba 6:30-7:30 pm Basketball 8:00 – 9:30 pm	English Conversation 9:30-11:30am 23	Zumba 10:00-11:00am 24
Get Active 1:00 – 2:00 pm 26	Yoga 11:45-12:30pm 27 Mindfulness 1:00 – 2:30 pm	28			

Program Name	Description	Location
Basketball	Drop in, pick up basketball, every other Thursday, adult program, free	Shelldale Gym
Chronic Pain Peer Support	Monthly drop in, first Wednesday of the month, adult program, free	Guelph CHC Shelldale
English Conversation Circle	Practise speaking English, drop in program, childminding available but registration required for childcare	Guelph CHC Shelldale
Garden Fresh Box	Monthly program, \$20 for large box, \$15 for small box	Guelph CHC Reception
Get Active	Weekly drop-in, variety of fun activities, adult program, free	Shelldale Gym
Let's Move	Weekly drop-in, fun and gentle movement, free	Guelph CHC Shelldale
Mindfulness	Weekly drop-in, focus your awareness on the present moment to increase wellbeing, free	Guelph CHC Shelldale
Nutrition Workshop	Drop in event, prepare and taste some delicious, healthy food	Guelph CHC Shelldale
Yoga	Weekly drop-in, adult program, September-June, pay what you can (suggested \$2 donation)	Shelldale Gym
Zumba	Weekly year-round drop-in, all ages, Thursday program is pay what you can (suggested \$2 donation), Saturday \$2 suggested donation	Shelldale Gym
Zumba Glow	Regular Zumba program, with party lighting, pay what you can (suggested \$2 donation)	Shelldale Gym