

Mount Pleasant Neighbourhood House

Activities for Seniors

February 2012

Mon	Tue	Wed	Thu	Fri
		1 10:00-Mandarin (MPCC) 10:30 - Blood Pressure Workshop in English (MPCC) 1:00 - Chinese Brush Painting (MPCC) 2:30 - English Conversation 6:00 - Lunar New Year Dinner	2 10:00 - Cooking (MPCC) 1:00-Immigrant Seniors ESL Club 1:30 - Armchair Fitness (MPCC)	3 10:00 - Mah Jong 10:00 - Mandarin 12:00 - In Pleasant Company Lunch (\$3.50) 1:00-Line Dancing
6 1:00 - Armchair Fitness 2:30 - Line Dancing 2:30 - English Conversation	7 10:00-Choir (MPCC) 12:00 - Seniors Lunch (\$3.50) 1:00 - Seniors Activities 2:15 - Mulan Tai Chi (MPCC)	8 10:00 - Mandarin (MPCC) 1:00-Arts & Crafts 1:00 - Chinese Brush Painting (MPCC) 2:30 - English Conversation	9 1:00-Immigrant Seniors ESL Club 1:30 - Armchair Fitness (MPCC)	10 10:00 - Mah Jong 10:00 - Mandarin 12:00-Valentine's Lunch and Sing-Along (\$3.50) 1:00-Line Dancing
13 10:00 - Chinese Calligraphy 1:00 - Armchair Fitness 2:30 - Line Dancing 2:30 - English Conversation	14 10:00-Choir (MPCC) 12:00 - Seniors Lunch (\$3.50) 1:00 - Seniors Activities 2:15 - Mulan Tai Chi (MPCC)	15 10:00 - Mandarin (MPCC) 10:30 - Blood Pressure Workshop in Mandarin (MPCC) 1:00-Arts & Crafts 1:00 - Chinese Brush Painting (MPCC) 2:30-English Conversation	16 10:00 - Cooking (MPCC) 1:00-Immigrant Seniors ESL Club 1:30 - Armchair Fitness (MPCC) 4:00 - Seniors Supper Club	17 10:00 - Mah Jong 10:00 - Mandarin 12:00-In Pleasant Company Lunch (\$3.50) 1:00-Line Dancing
20 10:00 - Chinese Calligraphy 1:00 - Armchair Fitness 2:30 - Line Dancing 2:30 - English Conversation	21 10:00-Choir (MPCC) 12:00 - Seniors Lunch (\$3.50) 1:00 - Seniors Activities 2:15 - Mulan Tai Chi (MPCC)	22 10:00 - Mandarin (MPCC) 1:00-Arts & Crafts 1:00 - Chinese Brush Painting (MPCC) 2:30 - English Conversation	23 1:00 - Seniors Day at Kingsgate Mall 1:00-Immigrant Seniors ESL Club 1:30 - Armchair Fitness (MPCC)	24 10:00 - Mah Jong 10:00 - Mandarin 12:00-In Pleasant Company Lunch (\$3.50) 1:00-Line Dancing
27 10:00 - Chinese Calligraphy 1:00 - Armchair Fitness 2:30 - Line Dancing 2:30 - English Conversation	28 10:00-Choir (MPCC) 12:00 - Seniors Lunch (\$3.50) 1:00 - Seniors Activities 2:15 - Mulan Tai Chi (MPCC)	29 10:00 - Mandarin (MPCC) 1:00-Arts & Crafts 1:00 - Chinese Brush Painting (MPCC) 2:30 - English Conversation		

