

March 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday 1	Saturday 2
3 	4) Senior's Health and Fitness classes  Albion/Heatherington Community Centre (1560 Albion Road)	5 	6  Albion/Heatherington Community Centre (1560 Albion Road)	7	8	9 Basketball- York Public School -310 York St. 12Noon -2pm 
10 	11) Senior's Health and Fitness classes  Albion/Heatherington Community Centre (1560 Albion Road) 5:45 pm to 6:45pm \$12 every 6 weeks	12	13  Albion/Heatherington Community Centre (1560 Albion Road)	14	15	16 Rita Carter Special Guest Basketball- York Public School -310 York St. 12Noon -2pm 
17 	18 Senior's Health and Fitness classes  Albion/Heatherington Community Centre (1560 Albion Road) 5:45 pm to 6:45pm \$12 every 6 weeks	19	20  Albion/Heatherington Community Centre (1560 Albion Road)	21	22	23 Basketball- York Public School -310 York St. 12Noon -2pm 
24 	25 Senior's Health and Fitness classes  Albion/Heatherington Community Centre (1560 Albion Road) 5:45 pm to 6:45pm \$12 every 6 weeks	26	27  Albion/Heatherington Community Centre (1560 Albion Road)	28	29	30 Seyi Okuribido- Malcolm Guest Speaker Basketball- York Public School -310 York St. 12Noon -2pm 

For more information please call 613-567-0600

April 2013

Sunday	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
7 	8) Senior's Health and Fitness classes  Albion/Heatherington Community Centre (1560 Albion Road)	9 	10  Albion/Heatherington Community Centre (1560 Albion Road)	11	12	13  Basketball- York Public School -310 York St. 12Noon -2pm
14	15 Senior's Health and Fitness classes  Albion/Heatherington Community Centre (1560 Albion Road)	16	17  Albion/Heatherington Community Centre (1560 Albion Road)	18	19	20  Basketball- York Public School -310 York St. 12Noon -2pm
21	22 Senior's Health and Fitness classes  Albion/Heatherington Community Centre (1560 Albion Road)	23	24  Albion/Heatherington Community Centre (1560 Albion Road)	25	26	27  Basketball- York Public School -310 York St. 12Noon -2pm
28	29 Senior's Health and Fitness classes  Albion/Heatherington Community Centre (1560 Albion Road)	30				

For more information please call 613-567-0600

May 2013

Sunday	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
7	8) Senior's Health and Fitness classes  Albion/Heatherington Community Centre (1560 Albion Road)	9 	10  Albion/Heatherington Community Centre (1560 Albion Road)	11	12	13  Basketball-York Public School -310 York St. 12Noon -2pm
14	15 Senior's Health and Fitness classes  Albion/Heatherington Community Centre (1560 Albion Road)	16	17  Albion/Heatherington Community Centre (1560 Albion Road)	18	19	20  Basketball-York Public School -310 York St. 12Noon -2pm
21	22 Senior's Health and Fitness classes  Albion/Heatherington Community Centre (1560 Albion Road)	23	24  Albion/Heatherington Community Centre (1560 Albion Road)	25	26	27  Basketball-York Public School -310 York St. 12Noon -2pm
28	29 Senior's Health and Fitness classes  Albion/Heatherington Community Centre (1560 Albion Road)	30				

For more information please call 613-567-0600