





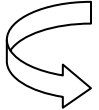






July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
If you need any accommodations, please let us know in advance.	Please register for activities you will attend.			1  Closed	2 Closed	3
4 	5 Bowling 2-4pm, \$8 each Fleetway 720 Proudfoot	6	7	8	9 Exercise class At ILC 3-4:30pm	10 
11	12 Picnic 1-4pm, Springbank Park, Site K, west entrance in Byron. Bring salad or dessert	13	14 Craft 2-4 pm at ILC \$5 per person	15	16 Exercise at ILC 3-4:30pm Baseball 7:30-10:30pm, Labatt Park, 25 Wilson Ave. Adults: \$6	17 
18	19 Movie 2-4:30pm at ILC	20 	21 Facebook Tips 2-4 pm at ILC	22 	23 Exercise class At ILC 3-4:30pm	24
25	26	27	28 Scrabble Cherryhill Library Cherryhill Mall 301 Oxford St. 2-4pm	29	30 Exercise class At ILC 3-4:30pm	31 Turn over for August 

August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Turn over  for July	2 Closed	3	4	5	6 Exercise class At ILC 3-4:30pm	7
8	9	10	11 	12 Bowling 2-4pm, \$8 each Fleetway 720 Proudfoot	13 Exercise class At ILC 3-4:30pm	14
15	16	17 	18 Picnic 1-4pm, Springbank Park, Site K, west entrance in Byron. Bring salad or dessert	19 Movie 2-4:30 pm at ILC	20 Exercise class At ILC 3-4:30pm	21 
22	23	24	25 Scrabble Cherryhill Library Cherryhill Mall 301 Oxford St. 2-4pm	26 Blogging What it is and how to do it! 2-4pm at ILC	27 Exercise class At ILC 3-4:30pm	28
29	30	31			If you need any accommodations, please let us know in advance.	Please register for activities you will attend.