

## Madison Pub

**Monday, December 10<sup>th</sup>**

14 Madison Ave 11am

Members \$3.50

Guests pay only \$5

**\*PLEASE BOOK YOUR SPOT BY NOON on FRIDAY, December 7<sup>th</sup>**



## People/Current Events

**December 6**.....News & Views

**December 13**.....VIP Party at Kathryn's!

## SAS HOLIDAY BASH IS HERE

Join us for a lovely lunch with entertainment, raffle prizes, and a special guest with a long beard, potbelly, and a silly looking hat...

**YOU MUST PAY IN ADVANCE TO ATTEND**

Please signup and pay at SAS office in advance.

*Please note: we cannot reimburse last minute cancellations. You must give us 5 days minimum notice to receive a refund.*

**Date:** Wednesday, December 19<sup>th</sup>

**Time:** 1:00pm-4:00pm

**Where:** Tartu College Banquet Hall  
310 Bloor Street West (entrance on Madison Ave.)

**Cost:** \$15 Members, \$20 Non-Members



## Announcements

**Winter Session:** Classes resume Wednesday January 2<sup>nd</sup>. Registrations will take place in the recreation room before and after classes.

Note to those taking Osteo Fitness. Let us know if you will be away for the start of the Winter Session and you can register ahead of time to secure your place in your class.

**Singing for Joy Open House:** Singing for Joy is holding a special class open to family and friends December 11<sup>th</sup>, 1:45 – 3:30. They will be sharing the wonderful music they've been working on since May. The class performance will be followed by a party with light refreshments.

**Holiday Donations:** Each year SAS depends on the donations from generous members and friends of the community. These donations support the running of our recreation program contributing to the payment of instructor fees and program supplies. SAS is very grateful and thanks you all for your generosity.

## Holiday Laughs

"You know you're getting old when Santa starts looking younger." – Robert Paul

"Christmas is a baby shower that went totally overboard." – Andy Borowitz

"The holiday season: a deeply religious time that each of us observes in his own way by going to the mall of his choice." – Dave Barry



# December



*in the Annex*

707 ST. CLAIR AVE WEST  
TORONTO, ON M6C 4A1

**416-923-8909**

CRISTIE & ST. CLAIR AVE WEST



Art Instruction Gentle Yoga

Gentle Fitness ESL Tai Chi

Dancercise Functional Fitness

Duplicate Bridge Stretch & Relax

Zumba People & Current Events




OSTEOPOROSIS FITNESS

PUB DAYS SPECIAL EVENTS

**email: [sasannex@rogers.com](mailto:sasannex@rogers.com)**

**visit: [www.sasannex.com](http://www.sasannex.com)**

**PROGRAMS AT ST. MATTHEWS-BRACONDALE LOCATION: 707 ST. CLAIR AVE. WEST, (CHRISTIE & ST. CLAIR)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:15 - 10:15 Yang Tai Chi</p> <p>10:20 - 11:20 Gentle Fitness</p> <p>12:00 - 3:00 Art Instruction</p> 	<p>10:00 - 11:00 Tai Chi</p> <p>11:00 - 12:00 ESL Instruction</p> <p>11:00 - 12:30 Spanish Conversation</p> <p>12:30 - 1:30 Stretch &amp; Relax</p> <p>2:00 - 3:00 Zumba</p>	<p>★ 9:30-10:30 Osteo Fitness</p> <p>11:00 - 12:00 Gentle Yoga</p> <p>12:30 - 3:30 Duplicate Bridge</p> 	<p>★ 9:30-10:30 Osteo Fitness</p> <p>10:45 - 11:45 Dancercise</p> <p>12:00 - 1:00 Functional Fitness I</p> <p>12:00 - 1:00 Functional Fitness II</p> <p>1:30 - 3:00 People &amp; Current Events</p>	<p>★ 9:15 - 10:15 Osteo Fitness</p> <p>★ 10:30 - 11:30 Osteo Fitness</p> <p>11:00 - 2:00 Friday Seniors Club</p> 

**TUESDAY PROGRAMS IN THE ANNEX**

<p>★ 9:30 - 10:30 Osteo Fitness (Senator Croll Building 341 Bloor St. W.)</p> <p>★ 10:45 - 11:45 Osteo Fitness (Senator Croll Building 341 Bloor St. W.)</p> <p>1:45 - 2:45 Seniors Singing for Joy (Trinity St. Paul's United Church)</p> <p><i>These programs take place in the Annex neighbourhood.</i></p>
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**IMPORTANT DATES THIS MONTH**

<ul style="list-style-type: none"> <li>▪ Monday, December 10<sup>th</sup>, <b>Madison Pub Lunch</b>, 11:00 – 3:00</li> <li>▪ Tuesday, December 11<sup>th</sup>, <b>Singing for Joy Open House</b>, 1:45 – 3:30</li> <li>▪ Monday, December 17<sup>th</sup>, <b>Last day of FALL SESSION</b>, classes resume Wednesday, January 2<sup>nd</sup>.</li> <li>▪ Wednesday, December 19<sup>th</sup>, <b>SAS HOLIDAY BASH</b>, 1:00-4:00, Tartu College Banquet Hall, 310 Bloor Street West (entrance on Madison Ave.)</li> </ul> 
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