

## Madison Pub

**Monday, January 7<sup>th</sup>**

14 Madison Ave 11am

Members \$3.50

Guests pay only \$5

**\*PLEASE BOOK YOUR SPOT BY NOON on FRIDAY, January 4<sup>th</sup>**



## People/Current Events

**January 3.....**Holiday Happenings

**January 10...***News and Views*

**January 17...***What May Boris want? (UK Politics)*

**January 24...***My own medical miracles*

**January 31...***Movie: Casablanca*

***Casablanca*** - The 1942 classic, set during World War II and starring Humphrey Bogart and Ingrid Bergman, tells the story of an American expat who must choose between his love for a woman and helping her and her husband, a Czech Resistance leader, escape from the Vichy-controlled city of Casablanca to continue his fight against the Nazis.



## Announcements

**Welcome Back to SAS!** We hope you had a wonderful holiday break and that you stay true to your New Year's resolutions.

It's registration time again! Registrations will take place in the recreation room before and after classes. Please bring a cheque or cash to pay for the Winter Session.

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:** We would like to congratulate the participants and volunteers of Singing for Joy on holding an amazing open house and performance on December 11th. Great job everyone!

**Thank you to donors:** We would like to thank all who donated to SAS this past year. Your donations have gone a long way in helping us run our programs and pay our instructors. Income tax receipts will be issued to those who have donated \$10 and over throughout the year.

**Lunch & Learn: Friday, January 25th 12:30-3pm**  
SAS is proud to have acclaimed science journalist Alanna Mitchell as our guest lecturer. She is the author of *Sea Sick: The Global Ocean*.

**When:** Friday, January 25th, 12:30-3:00

**Where:** Bracondale Recreation Room

**Cost:** \$5 for members and residents, \$7 non-members. Lunch and refreshments included



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

**416-923-8909**

RISTIE & 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>▪ Wednesday, January 2<sup>nd</sup>, <b>WINTER SESSION</b> starts</li> <li>▪ Monday, January 7<sup>th</sup>, <b>Madison Pub Lunch</b>, 11:00</li> <li>▪ Friday, January 25<sup>th</sup>, <b>Lunch &amp; Learn</b>: Sea Sick: The Global Ocean in Crisis, 12:30-3:00PM,</li> </ul> 
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