



August 2019

SAS Active Living Centre—St. Matthew's Bracondale House
707 St. Clair Ave West (at Christie), Toronto, ON M6C 4A1 | 416-923-8909 | sasannex@rogers.com



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15-10:15 Yang Tai Chi 10:20-11:20 Gentle Fitness 12:00-3:00 Art Instruction 	10:00-11:00 Tai Chi 11:00-12:00 Spanish Conversation 11:00-12:00 ESL 12:30-1:30 Stretch & Relax 2:00-3:00 Zumba	9:30-10:30 Osteo Fitness 11:00-12:00 Gentle Yoga 12:30-3:30 Bridge 	9:30-10:30 Osteo Fitness 10:45-11:45 Dancercise 12:00-1:00 Functional Fitness 1 & 2 1:30-3:00 People & Current Events	9:15—10:15 Osteo Fitness 10:30-11:30 Osteo Fitness 11:00-2:00 Friday Seniors 

TUESDAY PROGRAMS IN THE ANNEX

Senator Croll Building 341 Bloor St. W

9:30 - 10:30 Osteo Fitness
10:45 - 11:45 Osteo Fitness

Trinity St. Paul's United Church

1:45 - 2:45 Seniors Singing for Joy



MADISON PUB LUNCH

Monday, August 12th

14 Madison Ave 11am

Members \$3.50
Guests pay only \$5



*PLEASE BOOK YOUR SPOT BY NOON FRIDAY, August 9th
*Reminder, if you're not happy with the discounted menu choices, you're welcome to order from the pub's regular menu at full price.

PEOPLE & CURRENT EVENTS

- August 1.....News & Views
- August 8.....Random Acts of Kindness
- August 15...Housing for Seniors
- August 22...MOVIE: *Brigadoon*

Brigadoon (1hr, 50 min)

Tommy Albright (Gene Kelly) and Jeff Douglas (Van Johnson), two American pals on a Scottish hunting trip, get lost in the woods and come upon the magical village of Brigadoon. Rising out of the Scottish mist only once every 100 years, and only for one day, Brigadoon is an enchanted place where life is simpler and easier, untouched by the worries of the modern world. When Tommy falls for beautiful villager Fiona Campbell (Cyd Charisse), he must decide whether to stay or to return to his life.



ANNOUNCEMENTS

Toronto Challenge Fundraiser: We are proud to announce that SAS members and staff have so far raised \$5,610 for St. Matthew's Bracondale and SAS programs. The donations are still being collected. Stay tuned for the grand total!

SAS Advisory Committee: We are proud to announce the six candidates who have been selected to serve on the new SAS Advisory Committee. Congratulations to Brigid Elson, Joan Clemo, Marjorie Gibson, Dianne Hendrie, Margaret Rice, and Doreen Vanini. They will be voted in by our members at the SAS Annual Members Meeting on Friday, September 6, 1:00PM.

Monday, August 5, Civic Holiday—No Classes

August BBQ: Join us Thursday, August 15, 12:00PM—1:30 for a fun afternoon barbecue! Once again we'll be serving hamburgers, hotdogs, salads, pop, and dessert. Signup with Betty or Brian.

Singing for Joy Open Class: Tuesday, August 20, 1:45-2:45, Seniors Singing for Joy will be holding a special open class to share their repertoire with friends and family—all are welcome to attend. Light snacks and refreshments will be served.

Session Dates & Registration: August Program Break runs from August 26 to Friday, August 30. The Fall Session starts Tuesday, September 3. Registration will take place at the beginning of each class in the recreation room. Members are encouraged to register using cheques. Cheques should be paid to the order of St. Matthew's Bracondale House or SMBH for short.

Weights Missing: Staff have noticed that weights have gone missing during Functional Fitness class. We ask that you please return them if you have taken them home by mistake.

