



September 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, September 9th

14 Madison Ave 11am

Members \$3.50
Guests pay only \$5



*PLEASE BOOK YOUR SPOT BY NOON FRIDAY, September 6th
*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

September 5.....News & Views

September 12...Pets & Pictures

September 19...Books I Would Recommend to a book club

September 26...MOVIE: *The Bicycle Thief*

The Bicycle Thief (1hr, 33mins)

Unemployed Antonio is elated when he finally finds work hanging posters around war-torn Rome. His wife, Maria, sells the family's bed linens to retrieve Antonio's bicycle from the pawnshop so he can take the job. However, disaster strikes when Antonio's bicycle is stolen, and his new job is doomed unless he can find the thief. With the help of his lively son, Bruno, Antonio combs the city, growing increasingly desperate for justice.



ANNOUNCEMENTS

Session Dates & Registration: 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 St. Matthew’s Bracondale House or SMBH for short.

SAS Members Meeting: On Friday, September 6, 1:00PM, we will be holding a Members Meeting to vote in our candidates for the new Advisory Committee. All SAS members are encouraged to attend to pledge their vote.

September BBQ: Join us Thursday, September 19, 12:00PM—1:30 for a fun afternoon barbecue! We’ll be serving hamburgers, hotdogs, salads, pop, and dessert. Signup with Betty or Brian.

Annex Osteo Fitness Classes: We are happy to announce that Toronto Community Housing has renewed their agreement with us allowing us to continue holding Osteo Fitness at our old location at 341 Bloor St. West on Tuesday mornings. There are spaces available in these two classes for the Fall Session. Please speak with Brian if you’re interested in joining.

September

BIRTH FLOWER

wisdom
valor
faith
royalty
purity
innocence



ASTER