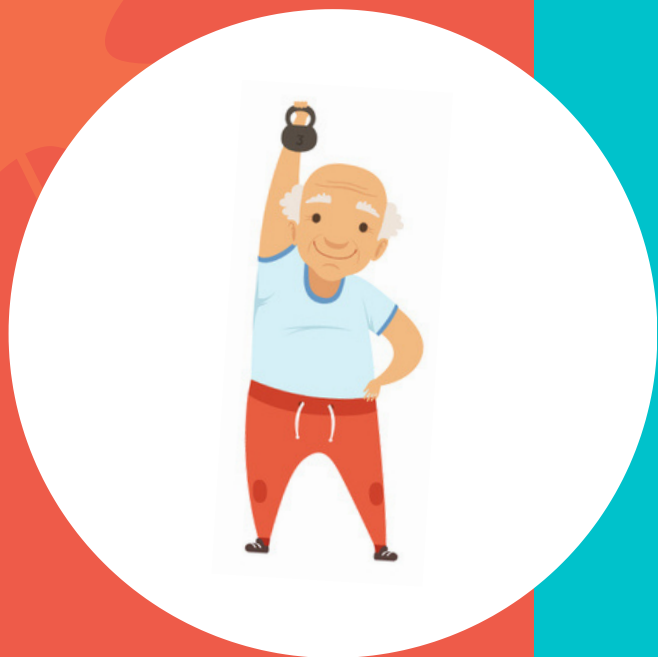


SENIOR ADULT SERVICES



FALL 2021 VIRTUAL PROGRAMS

SEPTEMBER 7 / DECEMBER 17

SENIOR ADULT SERVICES ALC

St. Matthew's Bracondale House
707 St. Clair Ave. West
Toronto ON, M6C 4A1

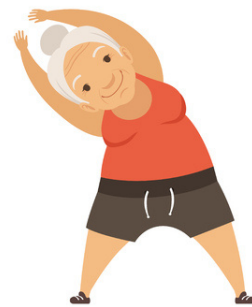
416-923-8909 | sasannex@rogers.com



SAS WEEKLY SCHEDULE

FALL SESSION: TUESDAY, SEPTEMBER 7 - FRIDAY, DECEMBER 17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-10:30 Tai Chi	9:30-10:30 Osteoporosis Fitness	9:30-10:30 Osteoporosis Fitness	9:30-10:30 Gentle Fitness	9:30-10:30 Osteoporosis Fitness
11:00-12:00 BeFit!	10:30-11:30 Nordic Pole Walking NEW	11:00-12:00 Gentle Yoga	10:45-11:45 Dancercise	11:00-12:00 Functional Fitness
12:30-2:30 Water Colour Art	11:15-12:15 Functional Fitness	12:15-1:15 Gentle Chair Yoga	12:30-1:30 Pilates	12:30-1:30 Hispanic Seniors Club
	12:30-1:30 Stretch & Relax		1:00-3:00 People & Current Events	





FALL LECTURE SERIES

Literary Sisterhoods: Reading Women Writers

Prof. Deborah Heller

Women writers have always made use of a wide variety of approaches in representing the human condition, even as they have often been more sensitive to the position of women than their male contemporaries.

This four-part lecture series will examine both well-known and less familiar works by women writers from the nineteenth through the twentieth centuries: George Eliot, Virginia Woolf, Anna Banti, and Grace Paley. Prior reading of the texts is not necessary.

Dates: Friday, October 8, 15, 22, & 29

\$30 for SAS Members and SMBH Residents, **\$40** for Guests

Mozart: Man & Music

Conductor David Bowser

Mozart: Man & Music offers insights into the life, personality and music of one of the greatest composers in history. Drawing on historical documents including letters, paintings, treatises and musical manuscripts, this series delves into eighteenth-century life in Europe and chronicles the events that shaped Mozart's remarkable life and creative output, from the grand tours of his childhood to the final years in Vienna. Join David Bowser, co-founder and artistic director of the Mozart Project and conductor of the Toronto Mozart Players, for this series of engaging and informative lectures exploring the life, music and genius of the enigmatic Mozart.

Dates: Friday, November 5, 12, 19, & 26

\$30 for SAS Members and SMBH Residents, **\$40** for Guests

FALL 2021

SEPTEMBER 7 / DECEMBER 17

SEPTEMBER

M	T	W	Th	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

OCTOBER

M	T	W	Th	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

NOVEMBER

M	T	W	Th	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

DECEMBER

M	T	W	Th	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

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HOLIDAY/PROGRAM BREAK
NO CLASSES

