

SALC PROGRAM CALENDAR: SEPTEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 11:00am – Depart for Aquafit at Stoneycreek YMCA	3 11:00am - SL "Mind Your Words" 3:30pm- DC Community Movers	4 9:30 – SL Fit & Friendly 10:30am Walking Club	5
6	7 3:30pm – DC: TRX Class	8 10:30am - Depart for Walmart (London)	9 1:00pm – GR Craft n Chat	10 3:15pm – SL Sing-a-Long! 3:30pm- DC Community Movers	11 9:30 – SL Fit & Friendly 10:30 – SL Snack & Refreshment Drop-in	12
13	14 3:30pm - DC: TRX Class	15	16 2:00pm – SL "Fun for All" Games & Activities	17 3:30pm – DC Community Movers 4:30pm – DC Group Dinner	18 9:30 – SL Fit & Friendly 11:00am – Depart for Aquafit at Stoneycreek YMCA	19
20	21 3:30pm - DC: TRX Class	22 10:30am - Depart for Giant Tiger (Strathroy)	23 11:00am – Depart for Aquafit at Stoneycreek YMCA 2:00 – GR Cards & Company	24 12:30 – Depart for Twin Pines Orchards & Cider House 3:30pm – DC Community Movers	25 9:30 – SL Fit & Friendly 10:30am Walking Club	26
27	28 3:30pm – DC: TRX Class	29 11am – SL Resilience & Positivity Workshop	30 11:00am – Depart for Aquafit at Stoneycreek YMCA (Orange Shirt Day)	September 30th th is National Day of Truth & Reconciliation		