















PHYSICAL & SOCIAL ACTIVITIES

<p>Meditation (Tuesday)</p>  <p>7:00pm - 8:00pm 240 Building (ONGOING PROGRAM)</p>	<p>Kids Swimming (Thursday)</p>  <p>5:00pm - 7:00pm Jarvis Collegiate Pool (ONGOING PROGRAM)</p>	<p>Women's Swimming (Thursday)</p>  <p>7:00pm - 8:00pm Jarvis Collegiate Pool (ONGOING PROGRAM)</p>
<p>Self Help (Fridays)</p>  <p>1:00pm - 3:00pm 260 Building (ONGOING PROGRAM)</p>	<p>Yoga (Friday)</p>  <p>11:00am - 12:00pm Wellesley Community Center (ONGOING PROGRAM)</p>	<p>Bollywood (Saturday)</p>  <p>10:00am - 11:00am Rose Avenue School (ONGOING PROGRAM)</p>
<p>Zumba (Saturday)</p>  <p>11:00am - 12:00pm Rose Avenue School (ONGOING PROGRAM)</p>	<p>Health Check (Wednesday)</p>  <p>10:00am - 12:00pm 260 Building (ONGOING PROGRAM)</p>	<p>Gymnastics (Saturday)</p>  <p>12:00pm - 1:00pm Rose Avenue School (ONGOING PROGRAM)</p>

NUTRITIONAL & SCREENING SESSIONS

<p>Food Handling (Wednesdays)</p>  <p>10:00am - 12:00pm 260 Building (MARCH 11 TO APRIL 22, 2015)</p>	<p>Adult Nutrition (Thursdays)</p>  <p>10:00am-12:00pm Wellesley Community Center (APRIL 16 TO MAY 21, 2015)</p>	<p>Diabetic Session (Thursdays)</p>  <p>10:00am - 12:00pm 260 Building (ONCE A MONTH)</p>
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Please call us for more information about our programs!