



AUGUST 1ST - 12TH 2022

WEAR YOUR SUNSCREEN, DRINK PLENTY OF WATER & ENJOY THE SUMMER!

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p>Closed for Civic Holiday</p>	<p><u>In Person Classes</u> 9:15 am - 10:00 am: Social in Kitchen 9:30 am - 10:30 pm: Anxiety 10:00 am - 11:00 am: Computer Time 10:30 am - 11:30 am: Yoga 12:30 pm - 1:15 pm: Social in Kitchen 1:00 pm - 2:00 pm: Understanding Diagnosis 2:00 pm - 3:00 pm: Computer Time</p> <p><u>Virtual Zoom Classes</u> 10:30 am - 11:30 am: Anxiety 12:00 pm - 1:00 pm: Understanding Diagnosis 2:30 pm - 3:30 pm: Understanding Grief 7:00 pm - 8:30 pm: Page Turner Book Club</p>	<p><u>In Person Classes</u> 9:15 am - 10:00 am: Social in Kitchen 10:00 am - 11:00 am: Computer Time 10:30 am - 12:00 pm: Writing Group 12:00 pm - 12:45 pm: ZUMBA Gold 12:30 pm - 1:15 pm: Social in Kitchen 1:00 pm - 3:00 pm: Art 2:00 pm - 3:00 pm: Computer Time</p> <p><u>Virtual Zoom Classes</u> 7:00 pm - 8:00 pm: Anxiety</p>	<p><u>In Person Classes</u> 9:15 am - 10:00 am: Social in Kitchen 9:30 am - 10:30 am: Understanding Grief 10:00 am - 11:00 am: Computer Time 10:30 am - 11:30 am: Self Esteem/Self Care 12:30 pm - 1:15 pm: Social in Kitchen 1:00 pm - 2:00 pm: Knit and Crochet 1:00 pm - 3:00 pm: Leamington Group 2:00 pm - 3:00 pm: Computer Time</p> <p><u>Virtual Zoom Classes</u> 11:00 - 12:00 pm: Yoga 12:00 pm - 1:00 pm: Self Esteem/Self Care</p>	<p><u>In Person Classes</u> 9:15 am - 10:00 am: Social in Kitchen 10:00 am - 11:00 am: Computer Time 12:30 pm - 1:15 pm: Social in Kitchen 1:00 pm - 2:00 pm: Games 2:00 pm - 3:00 pm: Computer Time</p> <p><u>Virtual Zoom Classes</u> 12:00 pm - 12:45 pm: ZUMBA Gold Toning and LaBlast (Solo ballroom dancing)</p>
8	9	10	11	12
<p><u>In Person Classes</u> 9:15 am - 10:00 am: Social in Kitchen 10:00 am - 11:00 am: Computer Time 10:30 am - 11:30 am: Recovery Strategies 12:00 pm - 1:00 pm: Understanding Triggers 12:30 pm - 1:15 pm : Social in Kitchen 2:00 pm - 3:00 pm : Computer Time</p> <p><u>Virtual Zoom Classes</u> 1:00 pm - 2:00 pm: Recovery Strategies 2:00 pm - 3:00 pm: Understanding Triggers 3:10 pm - 3:40 pm: ZUMBA Gold Seated</p>	<p><u>In Person Classes</u> 9:15 am - 10:00 am: Social in Kitchen 9:30 am - 10:30 pm: Anxiety 10:00 am - 11:00 am: Computer Time 12:30 pm - 1:15 pm: Social in Kitchen 1:00 pm - 2:00 pm: Understanding Diagnosis 2:00 pm - 3:00 pm: Computer Time</p> <p><u>Virtual Zoom Classes</u> 10:30 am - 11:30 am: Anxiety 12:00 pm - 1:00 pm: Understanding Diagnosis 2:30 pm - 3:30 pm: Understanding Grief</p>	<p><u>In Person Classes</u> 9:15 am - 10:00 am: Social in Kitchen 10:00 am - 11:00 am: Computer Time 10:30 am - 12:00 pm: Writing Group 12:00 pm - 12:45 pm: ZUMBA Gold 12:30 pm - 1:15 pm: Social in Kitchen 1:00 pm - 3:00 pm: Art 2:00 pm - 3:00 pm: Computer Time</p> <p><u>Virtual Zoom Classes</u> 7:00 pm - 8:00 pm: Anxiety</p>	<p><u>In Person Classes</u> 9:15 am - 10:00 am: Social in Kitchen 9:30 am - 10:30 am: Understanding Grief 10:00 am - 11:00 am: Computer Time 10:30 am - 11:30 am: Self Esteem/Self Care 12:30 pm - 1:15 pm: Social in Kitchen 1:00 pm - 2:00 pm: Knit and Crochet 2:00 pm - 3:00 pm: Computer Time</p> <p><u>Virtual Zoom Classes</u> 12:00 pm - 1:00 pm: Self Esteem/Self Care 6:30 pm - 8:30 pm: Paint Night</p>	<p><u>In Person Classes</u> 9:15 am - 10:00 am: Social in Kitchen 10:00 am - 11:00 am: Computer Time 12:30 pm - 1:15 pm: Social in Kitchen 2:00 pm - 3:00 pm: Computer Time</p> <p><u>Virtual Zoom Classes</u> 12:00 pm - 12:45 pm: ZUMBA Gold Toning and LaBlast (Solo ballroom dancing)</p>

Please note: classes are subject to change. Please call the office at 519 256 4854 for more information.