



# September - October, 2022

*Fall breeze and autumn  
leaves!*

<b>Monday, September 26</b>	<b>Tuesday, September 27</b>	<b>Wednesday, September 28</b>	<b>Thursday, September 29</b>	<b>Friday, September 30</b>
<p><b><u>In Person Classes</u></b>            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><b><u>Virtual Zoom Classes</u></b>            3:10 pm - 3:40 pm: ZUMBA Gold Seated</p>	<p><b><u>In Person Classes</u></b>            9:15 am - 10 am: Social in Kitchen            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: Co-Dependency            1:00 pm - 3:00 pm: Leamington Group            2:00 pm - 3:00 pm: Computer Time</p> <p><b><u>Virtual Zoom Classes</u></b>            7:00 pm - 8:30 pm: Page Turner Book Club</p>	<p><b><u>In Person Classes</u></b>            9:15 am - 10am: 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            1:00 pm – 2:30 pm Aikido @ 1089 Tecumseh Rd East (meet there)            2:00 pm - 3:00 pm: Computer Time</p> <p><b><u>Virtual Zoom Classes</u></b>            7:00 pm - 8:00 pm: Anxiety</p>	<p><b><u>In Person Classes</u></b>            9:15 am - 10 am: Social in Kitchen            10:00 am - 11:00 am: Computer Time            12:30 pm - 1:15 pm: Social in Kitchen            1:00 pm - 3:00 pm: Knit and Crochet            1:00 pm - 3:00pm: Leamington Group            2:00 pm - 3:00 pm: Computer Time</p> <p><b><u>Virtual Zoom Classes</u></b>            11:00 - 12:0pm: Yoga</p>	<p><b><u>In Person Classes</u></b>            9:15 am - 10 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><b><u>Virtual Zoom Classes</u></b>            12:00 pm - 12:45 pm: ZUMBA Gold Toning and LaBlast (Solo ballroom dancing)            6:30 pm - 8:30 pm: Paint Night</p>
<b>Monday, October 3</b>	<b>Tuesday, October 4</b>	<b>Wednesday, October 5</b>	<b>Thursday, October 6</b>	<b>Friday, October 7</b>
<p><b><u>In Person Classes</u></b>            9:15 am - 10 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><b><u>Virtual Zoom Classes</u></b>            3:10 pm - 3:40 pm: ZUMBA Gold Seated</p>	<p><b><u>In Person Classes</u></b>            9:15 am- 10 am: Social in Kitchen            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 - 3:00 pm: Leamington Group            2:00 pm - 3:00 pm: Computer Time</p> <p><b><u>Virtual Zoom Classes</u></b>            7:00 pm - 8:30 pm: Page Turner Book Club</p>	<p><b><u>In Person Classes</u></b>            9:15 am - 10am: 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            1:00 pm – 2:30 pm Aikido @ 1089 Tecumseh Rd East (meet there)            2:00 pm - 3:00 pm: Computer Time</p> <p><b><u>Virtual Zoom Classes</u></b>            7:00 pm - 8:00 pm: Anxiety</p>	<p><b><u>In Person Classes</u></b>            9:15 am - 10 am: Social in Kitchen            10:00 am - 11:00 am: Computer Time            12:30 pm - 1:15 pm: Social in Kitchen            1:00 pm - 3:00 pm: Knit and Crochet            1:00 pm - 3:00pm: Leamington Group            2:00 pm - 3:00 pm: Computer Time</p> <p><b><u>Virtual Zoom Classes</u></b>            11:00 - 12:0pm: Yoga</p>	<p><b><u>In Person Classes</u></b>            9:15 am - 10am: 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><b><u>Virtual Zoom Classes</u></b>            12:00 pm - 12:45 pm: ZUMBA Gold Toning and LaBlast (Solo ballroom dancing)</p>

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