



# October - November 2022

Monday, October 31	Tuesday, November 1	Wednesday, November 2	Thursday, November 3	Friday, November 4
<p><b><u>In Person Classes</u></b>            9:15 am - 10 am: Social in Kitchen            10:00 am - 11:00 am: Computer Time            10:00 am 11:00 am: Aquafit – meet Martha at Aquatic Centre 401 Pitt St W.            10:00 am – 11:00 am: Fitness Class – meet Dylan at Aquatic Centre 401 Pitt St W.            12:30 pm - 1:15 pm : Social in Kitchen            1:00 pm – 2:00 pm: Games and Activities            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            7:00 pm - 8:00 pm: Recovery Strategies            8:00 pm – 9:00 pm: Understanding Grief</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            10:00 am – 12:00 pm: Ceramics            10:30 am - 11:30 am: Yoga            1:00 pm – 2:00 pm: Intro to Trauma            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></p>	<p><b><u>In Person Classes</u></b>            9:15 am - 10am: Social in Kitchen            10:00 am - 11:00 am: Computer Time            10:00 am 11:00 am: Aquafit – meet Martha at Aquatic Centre 401 Pitt St W.            10:00 am – 11:00 am: Fitness Class – meet Dylan at Aquatic Centre 401 Pitt St W.            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 – meet at 1089 Tecumseh Rd E.            2:00 pm - 3:00 pm: Computer Time</p> <p><b><u>Virtual Zoom Classes</u></b>            7:00 pm - 8:00 pm: Anxiety            8:00 pm – 9:00 pm: Self Esteem/Self Care</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            10:00 am – 12:00 pm: Ceramics            12:30 pm - 1:15 pm: Social in Kitchen            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 - 12:00pm: Yoga</p>	<p><b><u>In Person Classes</u></b>            9:15 am - 10am: Social in Kitchen            9:30 am – 11:30 am: Sewing            10:00 am - 11:00 am: Computer Time            12:30 pm - 1:15 pm: Social in Kitchen            12:30 pm – 2:30 pm: Knit &amp; Crochet            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>
Monday, November 7	Tuesday, November 8	Wednesday, November 9	Thursday, November 10	Friday, November 11
<p><b><u>In Person Classes</u></b>            9:15 am - 10 am: Social in Kitchen            10:00 am - 11:00 am: Computer Time            10:00 am 11:00 am: Aquafit – meet Martha at Aquatic Centre 401 Pitt St W.            10:00 am – 11:00 am: Fitness Class – meet Dillan at Aquatic Centre 401 Pitt St W.            12:00 pm- 1:00 pm- Karaoke            12:30 pm - 1:15 pm: Social in Kitchen            1:00 pm – 2:00 pm: Games and Activities            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            7:00 pm - 8:00 pm: Recovery Strategies            8:00 pm – 9:00 pm: Understanding Grief</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            10:00 am – 12:00 pm: Ceramics            10:30 am - 11:30 am: Yoga            1:00 pm – 2:00 pm: Intro to Trauma            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- 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            10:00 am 11:00 am: Aquafit – meet Martha at Aquatic Centre 401 Pitt St W.            10:00 am – 11:00 am: Fitness Class – meet Dylan at Aquatic Centre 401 Pitt St W.            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 – meet at 1089 Tecumseh Rd E.            2:00 pm - 3:00 pm: Computer Time</p> <p><b><u>Virtual Zoom Classes</u></b>            7:00 pm - 8:00 pm: Anxiety            8:00 pm – 9:00 pm: Self Esteem/Self Care</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            10:00 am – 12:00 pm: Ceramics            12:30 pm - 1:15 pm: Social in Kitchen            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 - 12:00 pm: Yoga</p>	<p><b><u>In Person Classes</u></b>            9:15 am - 10am: Social in Kitchen            9:30 am – 11:30 am: Sewing            10:00 am - 11:00 am: Computer Time            12:30 pm - 1:15 pm: Social in Kitchen            12:30 pm – 2:30 pm: Knit &amp; Crochet            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.