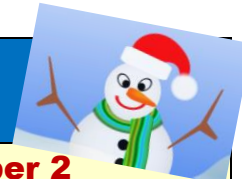



# November – December 2022



Monday, November 28	Tuesday, November 29	Wednesday, November 30	Thursday, December 1	Friday, December 2
<p><b><u>In Person Classes</u></b>            9:15 am – 3:00 pm: Social in Kitchen            10:00 am – 3:00 pm: 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 noon – 1 pm: Karaoke            1:00 pm – 2:00 pm: Games and Activities</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- 3:00 pm: Social in Kitchen            10:00 am – 3:00 pm: Computer Time            10:00 am – 12:00 pm: Ceramics            10:30 am - 11:30 am: Yoga            1:00 pm - 3:00 pm: Leamington Group</p> <p><b><u>Virtual Zoom Classes</u></b></p>	<p><b><u>In Person Classes</u></b>            9:15 am – 3:00 pm: Social in Kitchen            10:00 am – 3:00 pm: 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            1:00 pm - 3:00 pm: Art            1:00 pm – 2:30 pm: Aikido – meet at 1089 Tecumseh Rd E.</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 – 3:00 pm: Social in Kitchen            10:00 am – 3:00 pm: Computer Time            10:00 am – 12:00 pm: Ceramics            1:00 pm - 3:00pm: Leamington Group</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 – 3:00 pm: Social in Kitchen            9:30 am – 11:30 am: Sewing            10:00 am – 3:00 pm: Computer Time            12:30 pm - 1:15 pm: Social in Kitchen            12:30 pm – 2:30 pm: Knit &amp; Crochet</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, December 5	Tuesday, December 6	Wednesday, December 7	Thursday, December 8	Friday, December 9
<p><b><u>In Person Classes</u></b>            9:15 am – 3:00 pm: Social in Kitchen            10:00 am – 3:00 pm: 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.</p> <p><b>1pm – 3pm            join us for            Christmas            Tree            Decorating &amp;            activities,            including            Karaoke!</b></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 – 3:00 pm: Social in Kitchen            10:00 am – 3:00 pm: Computer Time            10:00 am – 12:00 pm: Ceramics            10:30 am - 11:30 am: Yoga            1:00 pm - 3:00 pm: Leamington Group</p> <p><b><u>Virtual Zoom Classes</u></b></p>	<p><b><u>In Person Classes</u></b>            9:15 am – 3:00 pm: Social in Kitchen            10:00 am – 3:00 pm: 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.</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 – 3:00 pm: Social in Kitchen            10:00 am – 3:00 pm: 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</p> <p><b><u>Virtual Zoom Classes</u></b>            11:00 - 12:00 pm: Yoga            7:00 pm -8:30 pm- Book Club</p>	<p><b><u>In Person Classes</u></b>            9:15 am – 3:00 pm: Social in Kitchen            9:30 am – 11:30 am: Sewing            10:00 am – 3:00 pm: Computer Time            12:30 pm - 1:15 pm: Social in Kitchen            12:30 pm – 2:30 pm: Knit &amp; Crochet</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.**