

# MARCH 2023

**PLEASE NOTE THAT CLASSES ARE SUBJECT TO CHANGE.  
CALL 519 256 4854 for inquiries.**

Kitchen and access to computers are open daily from 9:15 am – 3:00 pm

		Wednesday, March 1	Thursday, March 2	Friday, March 3
		<b>In Person Classes</b> 10am - 11am: Aquafit at Aquatic Centre 10am - 11am: Equipment Workout at Aquatic Centre 10:30am - Noon: Writing Group Noon - 12:45pm: ZUMBA Gold 1pm - 3pm: Art - Sculpture 1pm - 2:30pm: Aikido at 1089 Tecumseh Rd E  <b>Virtual Zoom Classes</b> 7pm - 8pm: Forgiving Ourselves 8pm - 9pm: Boundaries	<b>In Person Classes</b> 10am - Noon: Ceramics 1pm - 3pm: Leamington Group 1pm - 2pm: Loneliness 2pm - 3pm: Have Fun With Virtual Travel  <b>Virtual Zoom Classes</b> 11am - Noon: Yoga	<b>In Person Classes</b> 9:30am - 11:30am: Sewing 10am - 11am: Forgiveness 10:30am - 11:30am: Circuit Training MHC 2 <sup>nd</sup> Floor 11:30am - 12:30pm: Karaoke 12:30pm - 2:30pm: Knit & Crochet 1pm - 2pm: Games & Activities  <b>Virtual Zoom Classes</b> Noon - 12:45 pm: ZUMBA Gold Toning and LaBlast (Solo Ballroom Dancing)
Monday, March 6	Tuesday, March 7	Wednesday, March 8	Thursday, March 9	Friday, March 10
<b>In Person Classes</b> 10am - 11am: Aquafit at Aquatic Centre 10am - 11am: Equipment Workout at Aquatic Centre 11am - Noon: Healthy Relationships 1pm - 2pm: Boundaries  <b>Virtual Zoom Classes</b> 3:10pm - 3:40pm: ZUMBA Gold Seated 7pm - 8pm: Triggers - Healthy/Unhealthy Distractions 8pm - 9pm: The Myths and Misunderstandings of Grief	<b>In Person Classes</b> 10am - Noon: Ceramics 10:30am - 11:30am: Yoga Noon - 1pm: Jeopardy Game 1pm - 3pm: Leamington Group 1pm - 2pm: Gratitude 2pm - 3pm: Circuit Training MHC 2 <sup>nd</sup> floor	<b>In Person Classes</b> 10am - 11am: Aquafit at Aquatic Centre 10am - 11am: Equipment Workout at Aquatic Centre 10:30am - Noon: Writing Group Noon - 12:45pm: ZUMBA Gold 1pm - 3pm: Art - Sculpture 1pm - 2:30pm: Aikido at 1089 Tecumseh Rd E 6:30 pm - 9pm Family Support Group Meeting  <b>Virtual Zoom Classes</b> 7pm - 8pm: Forgiving Ourselves 8pm - 9pm: Boundaries	<b>In Person Classes</b> 10am - Noon: Ceramics 1pm - 3pm: Leamington Group 1pm - 2pm: Loneliness 2pm - 3pm: Have Fun With Virtual Travel  <b>Virtual Zoom Classes</b> 11am - Noon: Yoga 7pm - 8:30pm: Page Turner Book Club	<b>In Person Classes</b> 9:30am - 11:30am: Sewing 10am - 11am: Forgiveness 10:30am - 11:30am: Circuit Training MHC 2 <sup>nd</sup> Floor 11:30am - 12:30pm: Karaoke 12:30pm - 2:30pm: Knit & Crochet 1pm - 2pm: Games and Activities  <b>Virtual Zoom Classes</b> Noon - 12:45 pm: ZUMBA Gold Toning and LaBlast (Solo Ballroom Dancing)
Monday, March 13	Tuesday, March 14	Wednesday, March 15	Thursday, March 16	Friday, March 17
<b>In Person Classes</b> 10:00 am - 11:00 am: Equipment workout at Aquatic Centre 11am - Noon: Healthy Relationships 1pm - 2pm: Boundaries <b>Aquafit - Cancelled</b>  <b>Virtual Zoom Classes</b> 3:10 pm - 3:40 pm: ZUMBA Gold Seated 7pm - 8pm: Triggers - Healthy/Unhealthy Distractions 8pm - 9pm: The Myths & Misunderstandings of Grief	<b>In Person Classes</b> 10am - Noon: Ceramics 10:30am - 11:30am: Yoga Noon - 1pm: Jeopardy Game 1pm - 3pm: Leamington Group 1pm - 2pm: Gratitude 2pm - 3pm: Circuit Training MHC 2 <sup>nd</sup> floor	<b>In Person Classes</b> 10am - 11am: Equipment Workout at Aquatic Centre 10:30am - Noon: Writing Group Noon - 12:45pm: ZUMBA Gold 1pm - 3pm: Art - Finishing Projects 1pm - 2:30pm: Aikido at 1089 Tecumseh Rd E <b>Aquafit - Cancelled</b>  <b>Virtual Zoom Classes</b> 7pm - 8pm: Forgiving Ourselves 8pm - 9pm: Boundaries	<b>In Person Classes</b> 10am - Noon: Ceramics 1pm - 3pm: Leamington Group 1pm - 2pm: Loneliness 2pm - 3pm: Have Fun With Virtual Travel  <b>Virtual Zoom Classes</b> 11am - Noon: Yoga	<b>In Person Classes</b> 9:30am - 11:30am: Sewing 10am - 11am: Forgiveness 10:30am - 11:30am: Circuit Training MHC 2 <sup>nd</sup> Floor 11:30am - 12:30pm: Karaoke 12:30pm - 2:30pm: Knit & Crochet 1pm - 2pm: Games and Activities <b>Virtual Zoom Classes</b> Noon - 12:45 pm: ZUMBA Gold Toning and LaBlast (Solo Ballroom Dancing) 6:30 pm - 8pm: Paint Class
Monday, March 20	Tuesday March 21	Wednesday, March 22	Thursday, March 23	Friday, March 24
<b>In Person Classes</b> 10am - 11am: Aquafit at Aquatic Centre 10am - 11am: Equipment Workout at Aquatic Centre 11am - Noon: Healthy Relationships 1pm - 2pm: Boundaries  <b>Virtual Zoom Classes</b> 3:10pm - 3:40pm: ZUMBA Gold Seated 7pm - 8pm: Triggers - Healthy/Unhealthy Distractions 8pm - 9pm: The Myths and Misunderstandings of Grief	<b>In Person Classes</b> 10am - Noon: Ceramics 10:30am - 11:30am: Yoga Noon - 1pm: Jeopardy Game 1pm - 3pm: Leamington Group 1pm - 2pm: Gratitude 2pm - 3pm: Circuit Training MHC 2 <sup>nd</sup> floor	<b>In Person Classes</b> 10am - 11am: Aquafit at Aquatic Centre 10am - 11am: Equipment Workout at Aquatic Centre 10:30am - Noon: Writing Group Noon - 12:45pm: ZUMBA Gold 1pm - 3pm: Art - Watercolour 1pm - 2:30pm: Aikido at 1089 Tecumseh Rd E  <b>Virtual Zoom Classes</b> 7pm - 8pm: Forgiving Ourselves 8pm - 9pm: Boundaries	<b>In Person Classes</b> 10am - Noon: Ceramics 1pm - 3pm: Leamington Group 1pm - 2pm: Loneliness 2pm - 3pm: Have Fun With Virtual Travel  <b>Virtual Zoom Classes</b> 11am - Noon: Yoga 7pm - 8:30pm: Page Turner Book Club	<b>In Person Classes</b> 9:30am - 11:30am: Sewing 10am - 11am: Forgiveness 10:30am - 11:30am: Circuit Training MHC 2 <sup>nd</sup> Floor 11:30am - 12:30pm: Karaoke 12:30pm - 2:30pm: Knit & Crochet 1pm - 2pm: Games and Activities  <b>Virtual Zoom Classes</b> Noon - 12:45 pm: ZUMBA Gold Toning and LaBlast (Solo Ballroom Dancing) 6:30 pm - 8pm: Paint Class
Monday, March 27	Tuesday March 28	Wednesday, March 29	Thursday, March 30	Friday, March 31
<b>In Person Classes</b> 10am - 11am: Aquafit at Aquatic Centre 10am - 11am: Equipment Workout at Aquatic Centre 11am - Noon: Healthy Relationships 1pm - 2pm: Boundaries  <b>Virtual Zoom Classes</b> 3:10pm - 3:40pm: ZUMBA Gold Seated 7pm - 8pm: Triggers - Healthy/Unhealthy Distractions 8pm - 9pm: The Myths and Misunderstandings of Grief	<b>In Person Classes</b> 10am - Noon: Ceramics 10:30am - 11:30am: Yoga Noon - 1pm: Jeopardy Game 1pm - 3pm: Leamington Group 1pm - 2pm: Gratitude 2pm - 3pm: Circuit Training MHC 2 <sup>nd</sup> floor	<b>In Person Classes</b> 10am - 11am: Aquafit at Aquatic Centre 10am - 11am: Equipment Workout at Aquatic Centre 10:30am - Noon: Writing Group Noon - 12:45pm: ZUMBA Gold 1pm - 3pm: Art - Watercolour <b>Virtual Zoom Classes cancelled</b>	<b>In Person Classes</b> 10am - Noon: Ceramics 1pm - 3pm: Leamington Group 1pm - 2pm: Loneliness 2pm - 3pm: Have Fun With Virtual Travel  <b>Virtual Zoom Classes</b> 11am - Noon: Yoga	<b>In Person Classes</b> 9:30 am - 11:30 am: Sewing 10am - 11am: Forgiveness 10:30 am - 11:30am: Circuit Training MHC 2 <sup>nd</sup> Floor 11:30 am - 12:30 pm: Karaoke 12:30 pm - 2:30 pm: Knit & Crochet 1pm - 2pm: Games and Activities  <b>Virtual Zoom Classes</b> Noon - 12:45 pm: ZUMBA Gold Toning and LaBlast (Solo Ballroom Dancing)



**Join us for our Talent Show Wednesday, March 29<sup>th</sup> Beginning at 7pm!**