

November 2020 Seniors Program Calender

Monday

Advanced ESL class
Online activity
1:00 pm to 2:30 pm

9 Line Dance class - In-person Activity

10:30 am to 11:30 am

Advanced ESL class - Online activity

1:00 pm to 2:30 pm

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Advanced ESL class -Online activity 1:00 pm to 2:30 pm

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Line Dance class - In-person

Activity

10:30 am to 11:30 am

Advanced ESL class - Online activity

1:00 pm to 2:30 pm

30

Advanced ESL class - Online activity

1:00 pm to 2:30 pm

Tuesday

Morning Exercise - Online activity

9:00 am to 10:00 am

10

Morning Exercise - Online activity

9:00 am to 10:00 am

7

Morning Exercise - Online activity
9:00 am to 10:00 am

Health Workshop - Online activity 2:30 pm to 4:00 pm

24

Wednesday

Beginner ESL class
Online activity
2:00 pm to 3:30 pm

Remembrance Day
No activities
Kiwassa Closed

18 Beginner ESL class
Online activity
2:00 pm to 3:30 pm
Flu Shot Clinic - In-person

time to be announced

Beginner ESL class
Online activity
2:00 pm to 3:30 pm

Thursday

Tai Chi class - Online activity
2:00 pm to 3:00 pm

6

12Tai Chi class - Online activity

2:00 pm to 3:00 pm

19

Tai Chi class - Online activity
2:00 pm to 3:00 pm

Tai Chi class - Online activity
2:00 pm to 3:00 pm

13

BINGO - Online activity 1:00 pm to 2:00 pm

Friday

20

27 BINGO - Online activity1:00 pm to 2:00 pm