



July - Aug. - Sept. 2019

## Program Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10am-11am	Coffee Connection	Coffee Connection & Breakfast Club	Coffee Connection	Coffee Connection	Coffee Connection in the Community
11am-12pm	Yoga	Fitness	Yoga	Fitness	Yoga
12pm-1pm	Community Kitchen	Community Kitchen	Community Kitchen	Community Kitchen	Community Kitchen Outing or BBQ (12pm -2pm)
1pm-2pm	Film and Media	Knitting (1pm- 3pm)	Swimming (1pm- 3pm)	Gardening	Film and Media
2pm-3pm	Speech and Literacy	Indoor Games	Speech and Literacy	Geocaching Walking Group	Outdoor Games
3pm-4pm	Art and Craft	Art and Craft	Art and Craft	Art and Craft	Art and Craft
4pm -5pm	Karaoke	Karaoke	Karaoke	Karaoke	Karaoke