



Oct. – Nov. - Dec. 2019

## Program Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10am-11am	Coffee Connection & Breakfast Club	Coffee Connection	Coffee Connection	Coffee Connection	Coffee Connection in the Community
11am-12pm	Stretch & Strength	Fitness	Stretch & Strength	Fitness	Stretch & Strength
12pm-1pm	Community Kitchen	Community Kitchen	Community Kitchen	Community Kitchen	Multicultural Community Kitchen or Outing (12pm- 2pm)
1pm-2pm	Film and Media	Britannia Community Centre (1pm- 3pm)	Swimming (1pm- 3pm)	Baking	Film and Media
2pm-3pm	Speech and Literacy	Indoor Games	Speech and Literacy	Bingo	What the Tech!
3pm-4pm	Art and Craft	Art and Craft & Group Music Jam	Art and Craft	Art and Craft	Art and Craft
4pm -5pm	Karaoke	Karaoke & 1: 1 Music	Karaoke	Karaoke	Karaoke