



November 2020

Monthly Program Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12pm-1pm	Adapted Fitness	Stretch and Meditation	Tai Chi	Stretch and Meditation	Adapted Fitness
1pm-2pm	Speech and Literacy	Brain Games	Speech and Literacy	Brain Games	Speech and Literacy
2pm-3pm	Bingo	Painting Session	Music Jam	Painting Session	Bingo
3pm-4pm	Karaoke	Karaoke	Karaoke	Karaoke	Karaoke

Strive Centre Updates

- Virtual programs will continue to run Monday to Friday from 10am to 4pm, please inquire if you're interested in joining.
- The Strive Centre is now offering both virtual counselling and music therapy sessions, please inquire if you are interested in either of these services.

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