



# November 2020

## Virtual Program Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10am-11am	Coffee Connection	Coffee Connection	Coffee Connection	Coffee Connection	Coffee Connection
11am-12pm	Stretch and Meditation	Dance Fitness with Gustavo	Chair Fitness	Dance Fitness with Mackenzy	Stretch and Meditation
12pm-2pm	Lunch Break *No Programs*				
2pm-3pm	Speech and Literacy	Art Therapy Session *Please RSVP*	Speech and Literacy	Virtual Games	Speech and Literacy
3pm-4pm	Karaoke		Karaoke	Karaoke	Karaoke