



## COMMUNITY ACTIVITIES AND SENIORS PROGRAM

Michelle Donohue: Health Promotions Officer

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# December 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 9:30am Pastel Workshop with Lyn Barnes <b>Fully Booked</b>	2 9:30am Pastel Workshop with Lyn Barnes <b>Fully Booked</b>	3 9:30am Aqua with Alina 2:00pm CWA Hall Healthy Minds	4 10:30am CWA Hall Exercises with Samantha Sallway Vital Health	5	6
7 9:30am Aqua with Alina	8 2:00pm CWA Hall Craft & Conversation	9 10:30am CWA Hall Tai Chi	10 9:30am Aqua with Alina 11.00am CWA Hall Healthy Minds BYO Lunch	11	12	13
14 9:30am Aqua with Alina	15 12:00pm Imperial Hotel Seniors Christmas Lunch <b>Bookings Essential</b>	16 10:30am CWA Hall Chair Exercises	17 9:30am Aqua with Alina 2:00pm CWA Hall Healthy Minds	18	19	20
21 9:30am Aqua with Alina	22 2:00pm CWA Hall Craft & Conversation	23 <b>CLOSED</b>	24 <b>CHRISTMAS EVE</b>	25 <b>CHRISTMAS DAY</b>		

*We wish you a very Merry Christmas and a Happy New Year*