

AUGUST 2020

Seniors Centre Without Walls Schedule, ZOOM Exercise classes, Tai Chi

Registration not required, pick up your phone and....

Dial in 1-866- 279-1594 follow the prompts

Enter Guest code 179769 followed by the # key - Code is for every program

Mon	Tue	Wed	Thu	Fri
Active Fit via Zoom 11 a.m. - 12 noon (remainder of month)		9 a.m. Tai Chi @ Marina (weather permitting) Active Fit via Zoom 11 a.m. - 12 noon (remainder of month)	Functional Fitness via Zoom 10 a.m. - 10:45 a.m. (remainder of month)	Active Fit via Zoom 8:30 a.m. -9:30a.m (remainder of month)
3	4 1 p.m. Mindfulness Meditation with Paul	5 1 p.m. BINGO	6 1 p.m. General Fun Trivia	7
10	11 1 p.m. Mindfulness Meditation with Paul	12 10:30 a.m. Table Talk	13 1 p.m. Tickle your Funny Bone	14
17	18 1 p.m. Mindfulness Meditation with Paul	19 1 p.m. Would you rather..	20 1 p.m. Categories	21
24	25 1 p.m. Mindfulness Meditation with Paul	26 1 p.m. Fact or Fiction	27 1 p.m. Share a story	28
31	SEPTEMBER 1 1 p.m. Mindfulness Meditation with Paul	September 2 1 p.m. BINGO	September 3 1 p.m. Sweet Trivia	September 4