

January 2021

Centre is closed until further notice due to Provincial Lockdown

ZOOM Activities for the remainder of month					
Mon	Tue	Wed	Thu	Fri	Sat
9 am - ZOOM Active Fit 50+		11 a.m. - ZOOM Active Fit 50+	10 am - ZOOM Functional Fitness	8:30 am - ZOOM Active Fit 50+	

Monday Wednesday Thursday and Friday Active Fit & Functional Fitness will be only offered via Zoom. To participate in these sessions, please copy and paste this link into your browser and press enter to open

<https://zoom.us/j/98521569421?pwd=WFRZWGdhcXdFWFRnWC9SV2soeXoydz09>

Please see front page of the newsletter for additional information.

Daily Schedule					
Mon	Tue	Wed	Thu	Fri	Sat
4	5 1 p.m. SCWW Meditation with Paul	6 1 p.m. SCWW Coffee Chat	7 1 p.m. SCWW Family Feud	8	9
11	12 1 p.m. SCWW Meditation with Paul	13 10:30 a.m. SCWW Laughter is the best medicine	14 1 p.m. SCWW BINGO	15	16
18	19 1 p.m. SCWW Meditation with Paul	20 10:30 a.m. Share a story 1:30 p.m. ZOOM Book Club	21 1 p.m. SCWW Anagrams	22 1 p.m. ZOOM Road Show - bring an item with a story	23
25	26 1 p.m. SCWW Meditation with Paul	27 1 p.m. SCWW Categories	28 1 p.m. SCWW Fact or Fiction?	29	30
FEBRUARY 1	FEBRUARY 2 1 p.m. SCWW Meditation with Paul	FEBRUARY 3 1 p.m. SCWW Would you rather?	FEBRUARY 4 1 p.m. SCWW BINGO	FEBRUARY 5	FEBRUARY 6