

September- 2020

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
	1 Yoga: 9:45-10:45am Tamil Support Group Video & Audio: 11:15am – 12:45pm One on one support by phone	2 Yoga: 9:30am-10:30 pm	3 Yoga STC: 9:30 -10:30 am Tamil Support Group Video & Audio: 10 -11am One on one support by phone	4 Tamil Support Group Video & Audio: 11:00am-12:30pm One on one support by phone
7 Gentle Fitness: 9:30 -10:30am One on one support by phone	8 Yoga: 9:45-10:45am Tamil Support Group Video & Audio: 11:15am – 12:45pm One on one support by phone	9 Yoga: 9:30am-10:30 pm	10 Yoga STC: 9:30 -10:30 am Tamil Support Group Video & Audio: 10 -11am One on one support by phone	11 Tamil Sing along Virtual– 10:30-11:15 Tamil Support Group Video & Audio: 11:15am-12:30pm
14 Gentle Fitness: 9:30 -10:30am One on one support by phone	15 Yoga: 9:45-10:45am Tamil Support Group Video & Audio: 11:15am – 12:45pm One on one support by phone	16 Yoga: 9:30am-10:30 pm	17 Yoga STC: 9:30 -10:30 am Tamil Support Group Video & Audio: 10 -11am One on one support by phone	18 Tamil Sing along Virtual– 10:30-11:15 Tamil Support Group Video & Audio: 11:15am-12:30pm
21 Gentle Fitness: 9:30 -10:30am One on one support by phone	22 Yoga: 9:45-10:45am Tamil Support Group Video & Audio: 11:15am – 12:45pm One on one support by phone	23 Yoga: 9:30am-10:30 pm	24 Yoga STC: 9:30 -10:30 am Tamil Support Group Video & Audio: 10 -11am One on one support by phone	25 Tamil Sing along – Virtual– 10:30-11:15 Tamil Support Group Video & Audio: 11:15am-12:30pm
28 Gentle Fitness: 9:30 -10:30am One on one support by phone	29 Yoga: 9:45-10:45am Tamil Support Group Video & Audio: 11:15am – 12:45pm One on one support by phone	30 Yoga: 9:30am-10:30 pm		
<ul style="list-style-type: none"> • Programs are at Harmony Hall - 2 Gower Street • CTC - Crescent Town Club - 2A The Marketplace • STC—Senior Tamils Centre - 5200 Finch Ave E. #203 				