

November, 2020

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
2 Gentle Fitness: 9:30 -10:30am One on one support by phone	3 Yoga: 9:45-10:45am Tamil Support Group Video & Audio: 11:15am – 12:45pm One on one support by phone	4 Yoga: 9:30am-10:30 pm One on one support by phone	5 Yoga STC: 9:30 -10:30 am Tamil Support Group Video & Audio: 10 -11am One on one support by phone	6 Tamil Sing along (Virtual) – 10:30-11:30 am Tamil Support Group Video & Audio: 11:30 am-12:30pm
9 Gentle Fitness: 9:30 -10:30am One on one support by phone	10 Yoga: 9:45-10:45am Virtual Diwali Celebration Video & Audio 11am -12:45pm	11 Yoga: 9:30am-10:30 pm One on one support by phone	12 Yoga STC: 9:30 -10:30 am Tamil Support Group Video & Audio: 10 -11am One on one support by phone	13 Tamil Sing along (Virtual)– 10:30-11:30 am Tamil Support Group Video & Audio: 11:30 am-12:30pm
16 Gentle Fitness: 9:30 -10:30am One on one support by phone	17 Yoga: 9:45-10:45am Tamil Support Group Video & Audio: 11:15am – 12:45pm One on one support by phone	18 Yoga: 9:30am-10:30 pm One on one support by phone	19 Yoga STC: 9:30 -10:30 am Tamil Support Group Video & Audio: 10 -11am One on one support by phone	20 Tamil Sing along (Virtual) – 10:30-11:30 am Tamil Support Group Video & Audio: 11:30 am-12:30pm
23 Gentle Fitness: 9:30 -10:30am One on one support by phone	24 Yoga: 9:45-10:45am Tamil Support Group Video & Audio: 11:15am – 12:45pm One on one support by phone	25 Yoga: 9:30am-10:30 pm One on one support by phone	26 Yoga STC: 9:30 -10:30 am Tamil Support Group Video & Audio: 10 -11am One on one support by phone	27 Tamil Sing along (Virtual) – 10:30-11:30 am Tamil Support Group Video & Audio: 11:30 am-12:30pm
30 Gentle Fitness: 9:30 -10:30am One on one support by phone				