

December 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 One on one support by phone	3 Yoga STC: 9:30 -10:30 am Tamil Support Group Video & Audio: 10 -11am One on one support by phone	4 Tamil Sing along (Virtual) – 10:30-11:30 am Tamil Support Group Video & Audio: 11:30 am-12:30pm
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 One on one support by phone	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)– 10:30-11:30 am Tamil Support Group Video & Audio: 11:30 am-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 One on one support by phone	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) – 10:30-11:30 am Tamil Support Group Video & Audio: 11:30 am-12:30pm
21 Gentle Fitness: 9:30 -10:30am One on one support by phone	22 Yoga: 9:45-10:45am Virtual Christmas Celebration Video & Audio - 11am - 12:45pm -	23 One on one support by phone	24 No program	25 Merry Christmas Office will be closed
28 Office will be closed	29 No program	30 No Program	31 No Program	