

January 2021

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
				1 New Year Office will be closed
4 Gentle Fitness: 9:30 -10:30am One on one support by phone	5 Yoga: 9:45-10:45am Tamil Support Group Video & Audio: 11:15am – 12:45pm One on one support by phone	6 Yoga: 9:30am-10:30 pm One on one support by phone	7 Yoga STC: 9:30 -10:30 am Tamil Support Group Video & Audio: 10 -11am One on one support by phone	8 Tamil Sing along (Virtual)– 10:30-11:30 am Tamil Support Group Video & Audio: 11:30 am-12:30pm
11 Gentle Fitness: 9:30 -10:30am One on one support by phone	12 Yoga: 9:45-10:45am Tamil Support Group Video & Audio: 11:15am – 12:45pm One on one support by phone	13 Yoga: 9:30am-10:30 pm One on one support by phone	14 Yoga STC: 9:30 -10:30 am Tamil Support Group Video & Audio: 10 -11am One on one support by phone	15 Tamil Sing along (Virtual) – 10:30-11:30 am Tamil Support Group Video & Audio: 11:30 am-12:30pm
18 Gentle Fitness: 9:30 -10:30am One on one support by phone	19 Yoga: 9:45-10:45am Virtual Pongal Celebration Video & Audio 11am -12:45pm	20 Yoga: 9:30am-10:30 pm One on one support by phone	21 Yoga STC: 9:30 -10:30 am Tamil Support Group Video & Audio: 10 -11am One on one support by phone	22 Tamil Sing along (Virtual) – 10:30-11:30 am Tamil Support Group Video & Audio: 11:30 am-12:30pm
25 Gentle Fitness: 9:30 -10:30am One on one support by phone	26 Yoga: 9:45-10:45am Tamil Support Group Video & Audio: 11:15am – 12:45pm One on one support by phone	27 Yoga: 9:30am-10:30 pm One on one support by phone	28 Yoga STC: 9:30 -10:30 am Tamil Support Group Video & Audio: 10 -11am One on one support by phone	29 Tamil Sing along (Virtual) – 10:30-11:30 am Tamil Support Group Video & Audio: 11:30 am-12:30pm