

## April 2021

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
			1 Yoga STC: <b>9:30 -10:30 am</b>  Tamil Support Group Video & Audio: <b>10 -11am</b> Gentle Fitness: <b>11:15 -12:15</b> One on one support by phone	2 Tamil Sing along (Virtual)– <b>10:30-11:30 am</b>  Tamil Support Group Video & Audio: <b>11:30 am-12:30pm</b>
5 Gentle Fitness: <b>9:30 -10:30am</b>  One on one support by phone	6 Yoga: <b>9:45-10:45am</b>  <b>11:15 -12:45 -Virtual Easter Special</b>	7 Yoga: <b>9:30am-10:30 pm</b>  One on one support by phone	8 Yoga STC: <b>9:30 -10:30 am</b>  Tamil Support Group Video & Audio: <b>10 -11am</b> Gentle Fitness: <b>11:15 -12:15</b> One on one support by phone	9 Tamil Sing along (Virtual)– <b>10:30-11:30 am</b>  Tamil Support Group Video & Audio: <b>11:30 am-12:30pm</b>
12 Gentle Fitness: <b>9:30 -10:30am</b>  One on one support by phone	13 Yoga: <b>9:45-10:45am</b>  <b>11:15 -12:45 - Virtual Tamil New Year Celebration</b>	14 Yoga: <b>9:30am-10:30 pm</b>  One on one support by phone	15 Yoga STC: <b>9:30 -10:30 am</b> Tamil Support Group Video & Audio: <b>10 -11am</b> Gentle Fitness: <b>11:15 -12:15</b> One on one support by phone	16 Tamil Sing along (Virtual) – <b>10:30-11:30 am</b>  Tamil Support Group Video & Audio: <b>11:30 am-12:30pm</b>
19 Gentle Fitness: <b>9:30 -10:30am</b>  One on one support by phone	20 Yoga: <b>9:45-10:45am</b>  Tamil Support Group Video & Audio: <b>11:15am – 12:45pm</b> One on one support by phone	21 Yoga: <b>9:30am-10:30 pm</b>  One on one support by phone	22 Yoga STC: <b>9:30 -10:30 am</b> Tamil Support Group Video & Audio: <b>10 -11am</b> Gentle Fitness: <b>11:15 -12:15</b> One on one support by phone	23 Tamil Sing along (Virtual) – <b>10:30-11:30 am</b>  Tamil Support Group Video & Audio: <b>11:30 am-12:30pm</b>
26 Gentle Fitness: <b>9:30 -10:30am</b>  One on one support by phone	27 Yoga: <b>9:45-10:45am</b>  Tamil Support Group Video & Audio: <b>11:15am – 12:45pm</b> One on one support by phone	28 Yoga: <b>9:30am-10:30 pm</b>  One on one support by phone	29 Yoga STC: <b>9:30 -10:30 am</b> Tamil Support Group Video & Audio: <b>10 -11am</b> Gentle Fitness: <b>11:15 -12:15</b> One on one support by phone	30 Tamil Sing along (Virtual) – <b>10:30-11:30 am</b>  Tamil Support Group Video & Audio: <b>11:30 am-12:30pm</b>