

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
3 Gentle Fitness: 9:30 -10:30am One on one support by phone	4 Yoga: 9:45-10:45am Tamil Support Group Video & Audio: 11:15am – 12:45pm One on one support by phone	5 Yoga: 9:30am-10:30 pm One on one support by phone	6 Yoga STC: 9:30 -10:30 am Tamil Support Group Video & Audio: 10 -11am Gentle Fitness: 11:15 -12:15 One on one support by phone	7 Tamil Sing along (Virtual)– 10:30-11:30 am Tamil Support Group Video & Audio: 11:30 am-12:30pm
10 Gentle Fitness: 9:30 -10:30am One on one support by phone	11 Yoga: 9:45-10:45am 11:15 -12:45 -Virtual Mother’s Day Celebration	12 Yoga: 9:30am-10:30 pm One on one support by phone	13 Yoga STC: 9:30 -10:30 am Tamil Support Group Video & Audio: 10 -11am Gentle Fitness: 11:15 -12:15 One on one support by phone	14 Tamil Sing along (Virtual)– 10:30-11:30 am Tamil Support Group Video & Audio: 11:30 am-12:30pm
17 Gentle Fitness: 9:30 -10:30am One on one support by phone	18 Yoga: 9:45-10:45am Tamil Support Group Video & Audio: 11:15am – 12:45pm One on one support by phone	19 Yoga: 9:30am-10:30 pm One on one support by phone	20 Yoga STC: 9:30 -10:30 am Tamil Support Group Video & Audio: 10 -11am Gentle Fitness: 11:15 -12:15 One on one support by phone	21 Tamil Sing along (Virtual) – 10:30-11:30 am Tamil Support Group Video & Audio: 11:30 am-12:30pm
24 Victoria Day (we are closed)	25 Yoga: 9:45-10:45am Virtual Tamil Support Group & birthday Celebration - 11:15am – 12:45pm One on one support by phone	26 Yoga: 9:30am-10:30 pm One on one support by phone	27 Yoga STC: 9:30 -10:30 am Tamil Support Group Video & Audio: 10 -11am Gentle Fitness: 11:15 -12:15 One on one support by phone	28 Tamil Sing along (Virtual) – 10:30-11:30 am Tamil Support Group Video & Audio: 11:30 am-12:30pm
31 Gentle Fitness: 9:30 -10:30am One on one support by phone				