

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
1 Gentle Fitness: 9:30 -10:30am One on one support by phone	2 Yoga: 9:45-10:45am Virtual Diwali Celebration 11:15 am – 12:45 pm	3 Yoga: 9:30am-10:30 pm One on one support by phone	4 Yoga STC: 9:30 -10:30 am Virtual Tamil Support: 10-11am Gentle Fitness: 11:15 -12:15 One on one support by phone	5 Virtual Tamil Sing along 10:30-11:30 Virtual Tamil Support Group : 11:30 am-12:30pm
8 Gentle Fitness: 9:30 -10:30am One on one support by phone	9 Yoga: 9:45-10:45am Virtual Tamil Support Group: 11:15am – 12:45pm One on one support by phone	10 Yoga: 9:30am-10:30 pm One on one support by phone	11 Yoga STC: 9:30 -10:30 am Virtual Tamil Support Group : 10-11am Gentle Fitness: 11:15 -12:15 One on one support by phone	12 Virtual Tamil Sing along – 10:30-11:30 am Virtual Tamil Support Group : 11:30 am-12:30pm
15 Gentle Fitness: 9:30 -10:30am One on one support by phone	16 Yoga: 9:45-10:45am Virtual Tamil Support Group: 11:15am – 12:45pm One on one support by phone	17 Yoga: 9:30am-10:30 pm One on one support by phone	18 Yoga STC: 9:30 -10:30 am Virtual Tamil Support Group : 10-11am Gentle Fitness: 11:15 -12:15 One on one support by phone	19 Virtual Tamil Sing along – 10:30-11:30 am Virtual Tamil Support Group : 11:30 am-12:30pm
22 Gentle Fitness: 9:30 -10:30am One on one support by phone	23 Yoga: 9:45-10:45am Virtual Tamil Support Group: 11:15am – 12:45pm One on one support by phone	24 Yoga: 9:30am-10:30 pm One on one support by phone	25 Yoga STC: 9:30 -10:30 am Virtual Tamil Support Group : 10-11am Gentle Fitness: 11:15 -12:15 One on one support by phone	26 Virtual Tamil Sing along – 10:30-11:30 am Virtual Tamil Support Group : 11:30 am-12:30pp
29 Gentle Fitness: 9:30 -10:30am One on one support by phone	30 Yoga: 9:45-10:45am Virtual Tamil Support Group: 11:15am – 12:45pm One on one support by phone			