



# September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 African history class 11:00am - 12:00pm (zoom) Cultural meal delivery
6	7	8	9 Chair exercise with Dianne Thompson	10	11 Chair exercise with Dianne Thompson	12 African history class 11:00am - 12:00pm (zoom) Cultural meal delivery
13	14 Seniors and Mental Health -Cynthia Campbell	15	16 Chair exercise with Dianne Thompson	17	18 Chair exercise with Dianne Thompson	19 African history class 11:00am - 12:00pm (zoom) Cultural meal delivery
21	21 Africa History with Professor Clyde Ledbetter Jr.	22	23 Chair exercise with Dianne Thompson	24	25 Chair exercise with Dianne Thompson	26 African history class 11:00am - 12:00pm (zoom) Promoting Healthy Lifestyle Cultural meal delivery
27	28 Foot Care – Ms. Marlene Slack	29	30 Chair exercise with Dianne Thompson	30		

## EVENTS

### Call Me Lets Chat!

The Let's Chat program provides a safe and supportive online space for seniors to gather, share and take part in many activities!

### Seminar on Snitches and Sell-outs

Join the community's quest for knowledge of our ancestral roots. For as time passes by, the knowledge of the past must never be forgotten.

Saturdays at 11am - (Zoom)

### Black Star Tutoring Online

Black Star Tutoring's aim is to empower children and youth from diverse background with added and specialized knowledge namely Math, Science, English and French, with assistance of tutors.



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