



November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Presentation – Marlene Slack	3	4	5	6	7 African history class 11:00am - 12:00pm (zoom) Cultural meal delivery
8	9 Presentation – Nutrition Melanie Reid	10	11 Chair exercise with Dianne T	12	13 Chair exercise with Dianne T	14 African history class 11:00am - 12:00pm (zoom) Cultural meal delivery
15	16 TBD	17	18 Chair exercise with Dianne T	19	20 Chair exercise with Dianne T	21 African history class 11:00am - 12:00pm (zoom) Cultural meal delivery
22	23 Mindfulness with Meghan	24	25 Chair exercise with Dianne	26	27 Chair exercise with Dianne T	28 African history class 11:00am - 12:00pm (zoom) Promoting Healthy Lifestyle Cultural meal delivery
29	30 Program Closing					

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.

