

September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			01 Chair exercise with Diane T	02	03 Chair exercise with Diane T	04 African history class 11:00am - 12:00pm (zoom)
05	06 Chair exercise with Diane T	07	08 Chair exercise with Diane T	09	10 Chair exercise with Diane T	11 African history class 11:00am - 12:00pm (zoom)
12	13 Chair exercise with Diane T	14	15 Chair exercise with Diane T	16	17 Chair exercise with Diane T	18 African history class 11:00am - 12:00pm (zoom)
19	20 Chair exercise with Diane T	21	22 Chair exercise with Diane T	23	24 Chair exercise with Diane T	25 African history class 11:00am - 12:00pm (zoom)
26	27 Chair exercise with Diane T	28	29 Chair exercise with Diane T	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!

What History Class Left Out Part 2- African History 711CE- 1896CE

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)

Upcoming Events Kwanzaa Celebration

Dec 1, 2021 Open Ceremony

Dec 30, 2021 Community Celebration

October 2020

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