

# November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Chair exercise with Diane T	2	3 Chair exercise with Diane T	4	5 Chair exercise with Diane T	6 African History
7	8 Chair exercise with Diane T	9	10 Chair exercise with Diane T	11	12 Chair exercise with Diane T	13 African History
14	15 Chair exercise with Diane T	16	17 Chair exercise with Diane T	18	19 Chair exercise with Diane T	20 African History
21	22 Chair exercise with Diane T	23	24 Chair exercise with Diane T	25	26 Chair exercise with Diane T	27 African History
28	29 Chair exercise with Diane T	30				

<h1>Events</h1>	<p><b>Call Me Lets Chat!</b></p> <p>The Let's Chat program provides a safe and supportive online space for seniors to gather, share and take part in many activities!</p>	<p><b>Sheroes of Resistance: Women Who Fought Back</b></p> <p>Join the community's quest for know-ledge of our ancestral roots. For as time passes by, the knowledge of the past must never be forgotten. Saturdays at 11am - (Zoom)</p>	<p><b>Upcoming Events Kwanzaa Celebration</b></p> <p>Dec 1, 2021 Open Ceremony Dec 30, 2021 Community Celebration</p>
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