

# May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Chair exercise with Diane T	3	4 Chair exercise with Diane T	5	6 Chair exercise with Diane T	7 African History
8	9 Chair exercise with Diane T	10	11 Chair exercise with Diane T	12	13 Chair exercise with Diane T	14 African History
15	16 Chair exercise with Diane T	17	18 Chair exercise with Diane T	19	20 Chair exercise with Diane T	21 African History
22	23 Chair exercise with Diane T	24	25 Chair exercise with Diane T	26	27 Chair exercise with Diane T	28 African History
29	30 Chair exercise with Diane T	31				

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