

Monday

Tuesday

Wednesday

Thursday

Friday



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4	5 10:30 Movin' & Groovin' 12:30 Lunch 1:30 Folk n' rock tunes with Ron and Avril	6 10:00 Guitar with Donna 11:00 Men's Group with Don 12:30 Lunch 1:30 Trivia	7 10:30 Fitness with Viv 12:30 Lunch 1:30 Music with Kai	8
11	12 10:30 Movin' & Groovin' 12:30 Lunch 1:30 BINGO	13 10:00 Guitar with Donna 11:00 Men's Group with Don 12:30 Lunch 1:30 Creative time /Word Mining	14 10:30 Fitness with Viv 12:30 Lunch 1:30 Music with Kai	15
18	19 10:30 Movin' & Groovin' 12:30 Lunch 1:30 Folk n' rock tunes with Ron and Avril	20 10:00 Guitar with Donna 11:00 Men's Group with Don 12:30 Lunch 1:30 Creative time /Big Crossword	21 10:30 Fitness with Viv 12:30 Lunch 1:30 Music with Kai	22
25	26 10:30 Fun and Fitness/Baking Cookies 12:30 Lunch 1:30 BINGO	27 10:00 Guitar with Donna 11:00 Men's Group with Don 12:30 Lunch 1:30 Creative time /Word Mining	28 10:30 Fitness with Viv 12:30 Lunch 2:30 Monthly Birthday Cake 1:30 Music with Kai	29

\*\*\* All Programs subject to change