

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 10:30 Movin' & Groovin" 12:30 Lunch 1:30 Bingo	3 10:00 Guitar with Donna 12:30 Lunch 1:30 Trivia	4 10:30 Fitness with Viv 12:30 Lunch 1:30 Music and music makers	5
8	9 10:30 Movin' and Groovin" 12:30 Lunch 1:30 <u>Tunes with Avril, Ron & Terry</u>	10 10:00 Guitar with Donna 12:30 Lunch 1:30 Music Trivia	11 10:30 Fitness with Viv 12:30 Lunch 1:30 Music and music makers	12
15	16 10:30 Movin' & Groovin" 12:30 Lunch 1:30 Bingo	17 10:00 Guitar with Donna 12:30 Lunch 1:30 Big crossword	18 10:30 Fitness with Viv 12:30 Lunch 1:30 Music and music makers	19
22	23 10:30 Movin' & Groovin" 12:30 Lunch 1:30 <u>Tunes with Avril, Ron & Terry</u>	24 10:00 Guitar with Donna 12:30 Lunch 1:30 Trivia	25 10:30 Fitness with Viv 12:30 Lunch 1:30 Music and music makers 2:30 Monthly Birthday Cake	26
29	30 10:30 Movin' & Groovin" 12:30 Lunch 1:30 Bingo			

*** All Programs subject to change