

November

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Chair Yoga _ 10:30 Art 14:00 – 15:30	Social Committee 13:00hrs Line Dancing 16:00hrs	3 Computer – Beg 10:30 – 12:30 Intermediate – 16:00 – 17:30 – Zumba 16:00 – 17:00	No Activities At Hardy 4 Fun Friday 10:00 – 15:00hrs	CBAC- Board Meeting 15:00hrs. 5
6 BCRC – Forum on Racial Profiling 9:00 – 16:30	7 Folk Dance – 11:00hrs	8 Chair Yoga _ 10:30 Art 14:00 – 15:30 Seniors Action Quebec – Webinar	Presentation – Nutritionist 10:30 am 9 Line Dancing 16:00hrs	10 Computer – Beg 10:30 – 12:30 Intermediate: 16:00 – 17:30 – Zumba 16:00 – 17:00	Fun Friday 10:00 – 15:00hrs 11 Tai Chi 15 – 16:00hrs	12
13	14 Folk Dance – 11:00hrs	15 Chair Yoga _ 10:30 Art 14:00 – 15:30	General Meeting 13:00 – 15:00hrs 16 Line Dancing 16:00hrs	Computer – Beg 10:30 – 12:30 Intermediate: 16:00 – 17:30 – Zumba – 16:00hrs. .17 Seniors Action Quebec – Gen Meeting 13:00hrs	Fun Friday 10:00 – 15:00hrs.. 18 Tai chi 15:00 – 16:00hrs	19
20	21 Folk Dance – 11:00hrs	22 Chair Yoga _ 10:30 Art 14:00 – 15:30	23 Line Dancing 16:00hrs	24 Computer – Beg 10:30 – 12:30 Intermediate: 16:00 – 17:30 – Zumba – 16:00hrs	25 Handcraft Exhibition 10 – 15 :00hrs Tai Chi 15-16:00hrs	26
27	28 Folk Dance – 11:00hrs	29 Chair Yoga _ 10:30 Art 14:00 – 15:30	30 Line Dancing 16:00hrs			

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