








SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>“We acknowledge with respect, the history, spirituality, and culture of the Anishinaabek and the Haudenosaunee peoples on whose traditional territories we gather and whose ancestors signed Treaties with our ancestors. We recognize also, the Ojibway of Nawash and the Ojibway of Saugeen, whose ancestors shared this land and these waters. May we all live with respect on this land, and live in peace and friendship with all its diverse peoples.” Register for Dec. Walk Easy Hiking Trails at https://www.pbtc.ca/hikes</p>				<p>1 11:15 a.m. – 12:00 noon Mindfulness and Meditation with Nina - phone in only 1:00 p.m. - 2:30 p.m. Vision Heartwork by zoom Small group - Pre-register with Sharron</p>	<p>2 10:00 – 10:30 a.m. or 11:00 a.m. – 12:00 p.m. Or 2:00 – 3:00 p.m. Laugh Yourself Healthier – by zoom with Carolyn</p>	<p>3 9:00 a.m. – 12:00 noon Third of four Model Workshops located at the Lion's Head Legion. 11:15 a.m. – 12:00 noon Fun Fitness by zoom</p>
<p>Toll free Phone in sessions: 1-866-261-6767 Guest Code: 7722700 followed by # You will be in the session. Zoom video program Click on join meeting. Input ID 86980849744 when prompted. Click join meeting. Input Passcode 987999 when prompted. You will be asked to check video and audio. For zoom phone in program dial 1-647-374-4685 (\$.03 a minute without long distance plan) Listen for the voice. Input ID 86980849744 followed by #. Listen to the voice. Then input passcode 987999 followed by #. You will be placed into the session.</p>	<p>5 10:00 – 10:30 a.m. or 11:00 a.m. – 12:00 p.m. Or 2:00 – 3:00 p.m. Laugh Yourself Healthier – by zoom with Carolyn</p>	<p>6 Butterfly Vision Art Heartwork Small group of 3. Pre-register for 11:00 a.m. or 2:00 p.m. or 7:00 p.m.</p>	<p>7</p>	<p>8 11:15 a.m. – 12:00 noon toll free phone in - Christmas Memories</p>	<p>9 10:00 – 10:30 a.m. or 11:00 a.m. – 12:00 p.m. Or 2:00 – 3:00 p.m. Laugh Yourself Healthier – by zoom with Carolyn</p>	<p>10 9:00 a.m. – 12:00 noon Fourth of four Model Workshops located at the Lion's Head Legion. 11:15 a.m. – 12:00 noon Fun Fitness by zoom</p>
	<p>12 10:00 – 10:30 a.m. or 11:00 a.m. – 12:00 p.m. Or 2:00 – 3:00 p.m. Laugh Yourself Healthier – by zoom with Carolyn</p>	<p>13 11:15 a.m. - 12:00 noon Mindfulness and Meditation for Men with Jeremy via toll free phone in</p>	<p>14</p>	<p>15 11:15 a.m. – 12:00 noon Mindfulness and Meditation with Nina – phone in only 1:15 – 2:00 p.m. Songs by Dr. Brian Taylor – phone in</p>	<p>16 10:00 – 10:30 a.m. or 11:00 a.m. – 12:00 p.m. Or 2:00 – 3:00 p.m. Laugh Yourself Healthier – by zoom with Carolyn</p>	<p>17 11:15 a.m. – 12:00 noon Fun Fitness by zoom</p>
	<p>19 10:00 – 10:30 a.m. or 11:00 a.m. – 12:00 p.m. Or 2:00 – 3:00 p.m. Laugh Yourself Healthier – by zoom with Carolyn</p>	<p>20 11:15 a.m. - 12:00 noon Mindfulness and Meditation for Men with Jeremy via toll free phone in</p>	<p>21 </p>	<p>22 11:15 a.m. – 12:00 noon Mindfulness and Meditation with Nina - phone in only</p>	<p>23 10:00 – 10:30 a.m. or 11:00 a.m. – 12:00 p.m. Or 2:00 – 3:00 p.m. Laugh Yourself Healthier – by zoom with Carolyn</p>	<p>24 11:15 a.m. – 12:00 noon Fun Fitness by zoom </p>
<p>25 </p>	<p>26 </p>	<p>27 11:00 a.m. - 12:00 noon Book Club – Pre-register with Sharron</p>	<p>28</p>	<p>29 11:15 a.m. – 12:00 noon Holiday Trivia phone in</p>	<p>30 10:00 – 10:30 a.m. or 11:00 a.m. – 12:00 p.m. Or 2:00 – 3:00 p.m. Laugh Yourself Healthier – by zoom with Carolyn</p>	<p>31 11:15 a.m. – 12:00 noon Fun Fitness by zoom </p>