




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> 	<p>2</p> <p>10:00 – 10:30 a.m. Or 11:00 a.m. – 12:00 p.m. Or 2:00 – 3:00 p.m. Fun Seated Fitness with Carolyn via zoom video or zoom phone in</p>	<p>3</p>	<p>4</p>	<p>5</p> <p>2:00 - 3:15 p.m. Lion's Head Legion Membership meeting</p>	<p>6</p> <p>10:00 – 10:30 a.m. Or 11:00 a.m. – 12:00 p.m. Or 2:00 – 3:00 p.m. Fun Seated Fitness with Carolyn via zoom video or zoom phone in</p>	<p>7</p> <p>11:00 a.n. - 12:00 p.m. Fun Seated Fitness By zoom video or zoom phone in 1:00 p.m. Darts for Meat – Lion's Head Legion Branch 202</p>
<p>8</p>	<p>9</p> <p>10:00 – 10:30 a.m. Or 11:00 a.m. – 12:00 p.m. Or 2:00 – 3:00 p.m. Fun Seated Fitness with Carolyn via zoom video or zoom phone in</p>	<p>10</p> <p>11:15 a.m. - 12:00 p.m. Let's Chat - toll free phone in - Preregister at 519-793-3473</p>	<p>11</p> <p>11:15 a.m. - 12:00 p.m. Mindfulness and Meditation with Nina toll free phone in</p>	<p>12</p>	<p>13</p> <p>10:00 – 10:30 a.m. Or 11:00 a.m. – 12:00 p.m. Or 2:00 – 3:00 p.m. Fun Seated Fitness with Carolyn via zoom video or zoom phone in</p>	<p>14</p>
<p>15</p>	<p>16</p> <p>10:00 – 10:30 a.m. Or 11:00 a.m. – 12:00 p.m. Or 2:00 – 3:00 p.m. Fun Seated Fitness with Carolyn via zoom video or zoom phone in</p>	<p>17</p> <p>11:15 a.m. - 12:00 p.m. Toll free phone in meet an author for Chicken Soup Series -</p>	<p>18</p> <p>11:15 a.m. - 12:00 p.m. Mindfulness and Meditation with Nina - toll free phone in -</p>	<p>19</p>	<p>20</p> <p>10:00 – 10:30 a.m. Or 11:00 a.m. – 12:00 p.m. Or 2:00 – 3:00 p.m. Fun Seated Fitness with Carolyn via zoom video or zoom phone in</p>	<p>21</p> <p>1:00 p.m. Darts for Meat – Lion's Head Legion Branch 202</p>
<p>22</p>	<p>23</p> <p>10:00 – 10:30 a.m. Or 11:00 a.m. – 12:00 p.m. Or 2:00 – 3:00 p.m. Fun Seated Fitness with Carolyn via zoom video or zoom phone in</p>	<p>24</p> <p>11:15 a.m. - 12:00 p.m. Let's Discuss Wellness - toll free phone in -</p>	<p>25</p> <p>11:15 a.m. - 12:00 p.m. Mindfulness and Meditation with Nina - toll free phone in</p>	<p>26</p> <p>1:15 - 2:00 p.m. Trivia with Debbie - toll free phone in</p>	<p>27</p> <p>10:00 – 10:30 a.m. Or 11:00 a.m. – 12:00 p.m. Or 2:00 – 3:00 p.m. Fun Seated Fitness with Carolyn via zoom video or zoom phone in</p>	<p>28</p> <p>11:00 a.n. - 12:00 p.m. Fun Seated Fitness By zoom video or zoom phone in 11:00 a.m. - 2:00 p.m. In person Bayshore Alzheimer's Soup's On</p>
<p>29</p>	<p>30</p> <p>10:00 – 10:30 a.m. Or 11:00 a.m. – 12:00 p.m. Or 2:00 – 3:00 p.m. Fun Seated Fitness with Carolyn via zoom video or zoom phone in</p>	<p>31</p> <p>11:00 a.m.- 12:00 p.m. Book Club - Preregister at 519-793-3473</p>	<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.”</p>			