

WNCHC PROGRAMS - May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 CR- A&B-Sewing Group 9:00am-12:00pm PR- Crafter's Corner 10:00-12:00pm</p>	<p>3 G- Yoga En- 9:30-10:30am Alzheimer's Society Program 10-2:00 G- Tai Chi- 2:30-3:30</p>	<p>4 ▶ OASIS: Senior's Day Program EN from 10:00am -2:00pm G- Cultural Drumming 6:30pm-7:30pm</p>	<p>5 G- Yoga sur chaise 9:30-10:30am ▶ OASIS: Senior's Day Program FR from 10:00am -2:00 pm CR- A&B – knitting group 2:30-4:00pm</p>	<p>6 Alzheimer's Society Program 9:30-12:30 CR- A&B-Scrapbooking 1:00-4:00pm G- groupe de peinture 1:00-4:00pm</p>
<p>9 CR- A&B-Sewing Group 9:00am-12:00pm PR- Crafter's Corner 10:00-12:00pm</p>	<p>10 G- Yoga En- 9:30-10:30am Alzheimer's Society Program 10-2:00 G- Tai Chi- 2:30-3:30</p>	<p>11 ▶ OASIS: Senior's Day Program EN from 10:00am -2:00pm G- Cultural Drumming 6:30pm-7:30pm</p>	<p>12 G- Yoga sur chaise 9:30-10:30am ▶ OASIS: Senior's Day Program FR from 10:00am -2:00 pm CR- A&B – knitting group 2:30-4:00pm</p>	<p>13 Alzheimer's Society Program 9:30-12:30 CR- A&B-Scrapbooking 1:00-4:00pm G- groupe de peinture 1:00-4:00pm</p>
<p>16 CR- A&B-Sewing Group 9:00am-12:00pm PR- Crafter's Corner 10:00-12:00pm</p>	<p>17 G- Yoga En- 9:30-10:30am Alzheimer's Society Program 10-2:00 G- Tai Chi- 2:30-3:30</p>	<p>18 ▶ OASIS: Senior's Day Program EN from 10:00am -2:00pm G- Cultural Drumming 6:30pm-7:30pm</p>	<p>19 G- Yoga sur chaise 9:30-10:30am ▶ OASIS: Senior's Day Program FR from 10:00am -2:00 pm CR- A&B – knitting group 2:30-4:00pm</p>	<p>20 Alzheimer's Society Program 9:30-12:30 CR- A&B-Scrapbooking 1:00-4:00pm G- groupe de peinture 1:00-4:00pm</p>
<p>23 CLOSED/ FERME</p>	<p>24 G- Yoga En- 9:30-10:30am Alzheimer's Society Program 10-2:00 G- Tai Chi- 2:30-3:30</p>	<p>25 ▶ OASIS: Senior's Day Program EN from 10:00am -2:00pm G- Cultural Drumming 6:30pm-7:30pm</p>	<p>26 G- Yoga sur chaise 9:30-10:30am ▶ OASIS: Senior's Day Program FR from 10:00am -2:00 pm CR- A&B – knitting group 2:30-4:00pm</p>	<p>27 Alzheimer's Society Program 9:30-12:30 CR- A&B-Scrapbooking 1:00-4:00pm G- groupe de peinture 1:00-4:00pm</p>
<p>30 CR- A&B-Sewing Group 9:00am-12:00pm PR- Crafter's Corner 10:00-12:00pm</p>	<p>31 G- Yoga En- 9:30-10:30am Alzheimer's Society Program 10-2:00 G- Tai Chi- 2:30-3:30</p>			

▶ = Registration required
 G = Gym
 CR-A = Community room A
 CR-B = Community room B
 CR-A&B = Community rooms A&B
 PR= Program Room



Questions? 705-753-0151