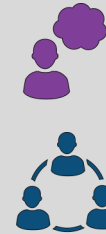
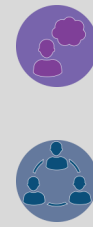


PROGRAM DOMAINS



General Interest & Skills

Community Development



Health & Wellness



Social Connection

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4 Building Secure Relationships  <i>Deadline</i> Lunch Circuits– Begins  12:10 PM	5 Senior Connection Kit  <i>Registration opens</i> Mind– Body Medicine Intro  7 PM	6 Senior Social– Chair Yoga  10 AM	7 Senior Social– Walking Group  9 :30 AM Parent & Tot Fitness  10 AM	8
9	10 Evening Cycle– Begins  7 PM	11 Romp & Rhyme  9 AM Building Secure Relationships  12PM	12	13 Senior Social– Chair Yoga  10 AM Fit @ Five– Begins  5 PM	14 Senior Social– Walking Group  9 :30 AM Parent & Tot Fitness  10 AM	15
16	17 Spot Eddie Challenge– Begins  7 PM	18 Romp & Rhyme  9 AM Girls in Motion  6:30 PM	19 Senior Connection Kit  <i>Deadline</i>	20 Postnatal Wellness  10 AM	21 Senior Social– Walking Group  9 :30 AM Spot Eddie Challenge– Ends  Parent & Tot Fitness  10 AM	22 Mom’s Night Out  7 PM
23	24 Kids Mini Zen Garden & Mindfulness  4 PM Mini Zen Garden & Meditation  7 PM	25 Romp & Rhyme  9 AM Girls in Motion  6:30 PM	26	27 Postnatal Wellness  10 AM Senior Social– Chair Yoga  10 AM Mind– Body Medicine– Begins  7 PM	28 Parent & Tot Fitness  10 AM YIA– Nerf Wars  630 PM	29
30	31					



UPCOMING PROGRAMS:

- Edson Snow Angels
- Snowshoe Rentals
- Cultural Diversity Calendar
- Family Day Unplugged

