

## Activity Program for October 2020

| SUNDAY   | MONDAY  | TUESDAY | WEDNESDAY  | THURSDAY  | FRIDAY | SATURDAY |
|--|---|---------|--|---|--------|----------|
| October sees our return to our popular Monday & Thursday community programs at Peace Lutheran Hall with Jane and Tony. We are excited to begin a Wednesday morning chair exercise class with Frances of Actively Ageing too. |   |         |  | 1   | 2      | 3        |
|  |   |         |  | <i>Online via Zoom</i><br><br><b>11am - 12 noon</b><br><b>Songs for Seniors with Tony B</b>       |        |          |
| 4  | 5   | 6       | 7  | 8   | 9      | 10       |
|  | <i>Online via Zoom</i><br><br><b>11am - 12 noon</b><br><b>Songs for Seniors with Tony B</b> |         |  | <i>Online via Zoom</i><br><br><b>11am - 12 noon</b><br><b>Songs for Seniors with Tony B</b>       |        |          |
| 11   | 12  | 13      | 14   | 15  | 16     | 17       |
|  | <b>PEACE LUTHERAN HALL</b><br><br>10:30AM - 12:30PM<br>Music with Tony                      |         | <b>PEACE LUTHERAN HALL</b><br><br>10:30AM - 11:15AM<br>Actively Ageing Chair Exercise Class with Frances           | <b>PEACE LUTHERAN HALL</b><br><br>10:00AM - 12:30PM<br>Arts & Crafts with Jane<br>Music with Tony |        |          |
| 18   | 19  | 20      | 21   | 22  | 23     | 24       |
|  | <b>PEACE LUTHERAN HALL</b><br><br>10:30AM - 12:30PM<br>Music with Tony                      |         | <b>PEACE LUTHERAN HALL</b><br><br>10:30AM - 11:15AM<br>Actively Ageing Chair Exercise Class with Frances           | <b>PEACE LUTHERAN HALL</b><br><br>10:00AM - 12:30PM<br>Arts & Crafts with Jane<br>Music with Tony |        |          |
| 25   | 26  | 27      | 28   | 29  | 30     | 31       |
| <i>During the week of 26-30 October sessions return to Zoom due to half-term. Join these sessions via Zoom using Meeting ID: 893 2853 4812 with password AAD2020.</i>  |   |         |  |   |        |          |
| <b>AAD ONLINE SUPPORT GROUP MEETING</b><br>4.00 - 5:00 PM<br><br><i>Meeting ID: 717 1668 0621</i>  | <i>Online via Zoom</i><br><br><b>11am - 12 noon</b><br><b>Songs for Seniors with Tony B</b> |         | <i>Online via Zoom</i><br><br><b>10:30AM - 11:15AM</b><br><b>Actively Ageing Chair Exercise Class with Frances</b> | <i>Online via Zoom</i><br><br><b>11am - 12 noon</b><br><b>Songs for Seniors with Tony B</b>       |        |          |