




## DIVERSE SENIORS PROGRAM CALENDAR



Day	Date and Activity	Date and Activity	Date and Activity	Date and Activity	Date and Activity
<b>Monday</b> 9:00-10:00	<b>06</b> <b>Basic English Class</b> 9:00-10:30 am	<b>13</b> <b>Basic English Class</b> 9:00-10:30 am	<b>20</b> <b>Basic English Class</b> 9:00-10:30 am	<b>27</b> <b>Basic English Class</b> 9:00-10:30 am	
<b>Monday</b> 9:45 am -11:15 am	<b>Fitness &amp; Socialization</b> 9:45 -11:15 am	<b>Fitness &amp; Socialization</b> 9:45 -11:15 am	<b>Fitness &amp; Socialization</b> 9:45 -11:15 am	<b>Fitness &amp; Socialization</b> 9:45 -11:15 am	
<b>Wednesday</b> 9:30 am -11:30 am	<b>01</b> <b>Brain Health (Mind games)</b>	<b>08</b> <b>Brain Health (Mind games)</b>	<b>15</b> <b>Workshop Art &amp; Painting (3D Project)</b>	<b>22</b> <b>Workshop Art &amp; Painting (3D Project)</b>	<b>29</b> <b>Workshop Art &amp; Painting (3D Project)</b>
<b>Thursday</b> 9:30 am -11:30 am	<b>02</b> <b>Happy Circle of Wellness</b> at OCISO 959 Wellington St West	<b>09</b> <b>Happy Circle of Wellness</b> at OCISO 959 Wellington St West	<b>16</b> <b>Happy Circle of Wellness</b> at OCISO 959 Wellington St West	<b>23</b> <b>Happy Circle of Wellness</b> at OCISO 959 Wellington St West	<b>30</b> <b>Happy Circle of Wellness</b> at OCISO 959 Wellington St West
<b>Friday</b> 12 pm - 3:00 pm	<b>10</b> <b>Diwali Celebrations for Punjabi Seniors Group at Kanata Seniors Centre</b>	<b>17</b> <b>Gardening (Horticultural Therapy)</b>	<b>24</b> <b>Gardening (Horticultural Therapy)</b>		
<b>Sunday</b> 11:30 am - 4:00 pm	<b>05</b> <b>Young at Art Workshop (Youth and Seniors) at OCISO office 1800 Bank Street.</b>	<b>12</b> <b>Young at Art Workshop (Youth and Seniors) at OCISO office 1800 Bank Street.</b>	<b>19</b> <b>Young at Art Workshop (Youth and Seniors) at OCISO office 1800 Bank Street.</b>	<b>26</b> <b>Young at Art Workshop (Youth and Seniors) at OCISO office 1800 Bank Street.</b>	

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Program registration link. <https://forms.office.com/r/wUua4QmX4r>