Events Calendar - Nov

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
| AM | FOREIGN WORKER CONNECTION SERIES:www.Facebook.com/ migrantworkers49am Exercise class10am-12pm -[Mensaje Espiritual](https://www.facebook.com/templocristianolabuenasemilla/). 12 pm Health and safety1 pm Documentary2-2:35pm -Santa Misa del Día Domingo. 3-5:00pm Movie5-5:30pm – English Lesson  |  | SENIORS10am Tenacious Tuesday | SENIORS[10-11 am](https://virtualcommunitycentre.ca/): Wellness Wednesday | SENIORS[10-11am](https://virtualcommunitycentre.ca/): Virtual Bingo | SENIORS10am: Fitness Friday |
| PM | FITNESS[5-6pm](https://us06web.zoom.us/j/81993735935?pwd=MmZHVW10UzM0Y3dEUitFVThCeG9IZz09) LIVE Fitness 6-6:30 pm: Tai Chi Practice | LIVING MY BEST LIFE SERIES130-230pm Connections Group230-300pmMusic Singalong 3-4 Art Connection (Nov 9, Nov 23)[5-6pm](https://us06web.zoom.us/j/81993735935?pwd=MmZHVW10UzM0Y3dEUitFVThCeG9IZz09) LIVE Fitness | WELLNESS SERIES130-230pm Connections Group230-3 Wellness3-4 Jammin’ for Wellness[5-6pm](https://us06web.zoom.us/j/81993735935?pwd=MmZHVW10UzM0Y3dEUitFVThCeG9IZz09) LIVE Fitness |  | 1-1:30: Guitar Lessons  |
| EVE |  | GRIEF[6:30 – 8:00pm](https://hpco.zoom.us/meeting/register/tJYtd-qtpzMpG9z-4dG404KNKUJ7g7VRqfNQ): [Grief Support Group](https://hpco.zoom.us/j/92003598318)  | NEWCOMERS[6– 7:30pm](https://hpco.zoom.us/j/99984387560?pwd=RXVQOUE3NGFaZEsyNitiY2VuYXNodz09): Persian Connections Café  | CAREGIVING7 – 8 pm: [Caregiving for Serious Illness](https://hpco.zoom.us/j/92003598318)  | ART CONNECTION6–7:30 pm: Painting for Seniors |  |
| SPECIAL EVENTS | Nov 7 12-4pm Take Care of Your Mental Health Through Music *(for foreign workers)*Nov 21 1-3pm Virtual Death Café Nov 28 10-12pm Guided Nature Walk |  |  |  | Nov 11 7 – 8pm Action for HappinessNov 25 [10-11](https://hpco.zoom.us/j/94958044217) am Advance Care Planning ProgramNov 25 7-8 pm Zen Meditation | Nov 5 7-8 pm: Beyond Melodies |