Events Calendar - Nov

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|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
| AM | FOREIGN WORKER CONNECTION SERIES:  www.Facebook.com/ migrantworkers4  9am Exercise class  10am-12pm -[Mensaje Espiritual](https://www.facebook.com/templocristianolabuenasemilla/).  12 pm Health and safety  1 pm Documentary  2-2:35pm -Santa Misa del Día Domingo.  3-5:00pm Movie  5-5:30pm – English Lesson |  | SENIORS  10am Tenacious Tuesday | SENIORS  [10-11 am](https://virtualcommunitycentre.ca/): Wellness Wednesday | SENIORS  [10-11am](https://virtualcommunitycentre.ca/): Virtual Bingo | SENIORS  10am: 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 SERIES  130-230pm Connections Group  230-300pm  Music Singalong  3-4 Art Connection (Nov 9, Nov 23)  [5-6pm](https://us06web.zoom.us/j/81993735935?pwd=MmZHVW10UzM0Y3dEUitFVThCeG9IZz09) LIVE Fitness | WELLNESS SERIES  130-230pm Connections Group  230-3 Wellness  3-4 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 | CAREGIVING  7 – 8 pm: [Caregiving for Serious Illness](https://hpco.zoom.us/j/92003598318) | ART CONNECTION  6–7:30 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 Happiness  Nov 25 [10-11](https://hpco.zoom.us/j/94958044217) am Advance Care Planning Program  Nov 25 7-8 pm  Zen Meditation | Nov 5 7-8 pm: Beyond Melodies |