

Bernard Betel Virtual Programming Calendar - May 2022

| Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|---|--|---|--|--|-----------|-----------|
| 2 10:30 - 11:30 am Sudoku 2:00 - 2:30 pm Mindfulness Meditation | 3 9:00 - 9:30 Chair Yoga | 4 | 5 11:00 - 12:00 Memory Boosters 12:00 - 1:00 - RGA English Conversation Club 3:00 - 4:00 Mandala Workshop | 6 10:00 - 10:45 Gentle Fitness 10:30 - 11:30 Creative Writing 12:00 - 1:00 pm Shizen Ha Class | 7 | 8 |
| 9 10:30 - 11:30 am Sudoku 2:00 - 2:30 pm Mindfulness Meditation | 10 9:00 - 9:30 Chair Yoga 10:30 – 11:30 Presentation: Navigating the Health Care System | 11 11:00 - 12:00 Cooking Club | 12 11:00 - 12:00 Memory Boosters 12:00 - 1:00 RGA English Conversation Club 12:30 - 1:30 French Conversation 3:00 - 4:00 Mandala Workshop | 13 10:00 -10:45 - Gentle Fitness 10:30 - 11:30 Creative Writing 12:00 - 1:00 pm Shizen Ha Class | 14 | 15 |
| 16 10:30 - 11:30 am Sudoku 2:00 - 2:30 pm Mindfulness Meditation | 17 9:00 - 9:30 Chair Yoga | 18 | 19 11:00 - 12:00 Memory Boosters 12:00 - 1:00 RGA English Conversation Club 3:00 - 4:00 Mandala Workshop | 20 10:00 -10:45 - Gentle Fitness 10:30 - 11:30 Creative Writing 12:00 - 1:00 pm Shizen Ha Class | 21 | 22 |
| 23 Victoria Day | 24 9:00 - 9:30 Chair Yoga | 25 11:00 - 12:00 Cooking Club | 26 11:00 - 12:00 Memory Boosters 12:00 - 1:00 RGA English Conversation Club 12:30 - 1:30 French Conversation 3:00 - 4:00 Mandala Workshop | 27 10:00 - 10:45 - Gentle Fitness 10:30 - 11:30 Creative Writing 12:00 - 1:00 pm Shizen Ha Class | 28 | 29 |
| 30 10:30 - 11:30 am Sudoku 2:00 - 2:30 pm Mindfulness Meditation | 31 9:00 - 9:30 Chair Yoga | | | | | |