

Bernard Betel Centre Virtual Programming Calendar – July 2022

Mon	Tues	Wed	Thurs	Fri
				1 CANADA DAY
4	5 9:00 - 9:30 Chair Yoga	6 11:00 - 12:00 Cooking Club	7 11:00 - 12:00 Memory Boosters 12:30 - 1:30 French Conversation 3:00 - 4:00 Mandala Workshop	8 10:00 -10:45 - Gentle Fitness 10:30 - 11:30 Creative Writing 12:00 - 1:00 pm Shizen Ha Class
11 10:30 - 11:30 am Sudoku 2:00 - 2:30 pm Mindfulness Meditation	12 9:00 - 9:30 Chair Yoga	13	14 11:00 - 12:00 Memory Boosters 3:00 - 4:00 Mandala Workshop	15 10:00 -10:45 - Gentle Fitness 10:30 - 11:30 Creative Writing 12:00 - 1:00 pm Shizen Ha Class
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