
















## Paula Cassin Learning Centre – Day Programs

Summer Programs:

June 28th – Sept 24th, 2021

| <i>Monday</i>   | <i>Tuesday</i>  | <i>Wednesday</i>   | <i>Thursday</i>   | <i>Friday</i>   |
|---|---|--|---|---|
| Exercise<br>10:00-11:00<br>          | Chair Yoga<br>10:00 – 11:00<br>      | Chair Aerobics<br>10:00 – 11:00<br>    | Chair Yoga<br>10:00 – 11:00<br>    | Exercise<br>10:00 – 11:00<br>          |
| Let's Learn<br>11:15-12:15<br>       | Current Events<br>11:15-12:15<br>    | Let's Get Inspired<br>11:15— 12:15<br> | Healthy Cooking<br>11:15—12:15<br> | Book Club (Phone)<br>11:15 – 12:15<br> |
| <b>Afternoon Sessions</b>   |   |  |   |   |
| Everyday Science<br>1:30 – 2:30<br> | Train your Brain<br>1:30 – 3:00<br> | BINGO<br>1:30 – 2:30<br>              | Meditative Art<br>1:30 – 3:00<br> | All Fun and Games<br>1:30 – 3:00<br>  |