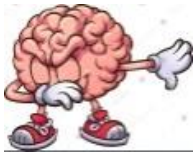














Paula Cassin Learning Centre – Day Programs

Fall Programs:

October 4th – Dec 31st, 2021

****For in person registration participants must be fully vaccinated and provide proof****

Hybrid Monday	Virtual Tuesday	Hybrid Wednesday	Virtual Thursday	Hybrid Friday
<p>Staff will contact clients that are attending in person for active screening between the hrs of 800-830 Coffee and tea will be provided and served only by PCLC staff (no self serve)</p>				
<p>Train your Brain 10:00-11:00</p> 	<p>Chair Aerobics???</p> <p>10:00-11:00</p> 	<p>Chair Yoga 10:00 – 11:00</p> 	<p>Amazing Days 10:00-11:00</p>	<p>Exercise 10:00 – 11:00</p> 
	<p>Book Club (Phone) 11:15 – 12:15</p> 		<p>Healthy Cooking 11:15—12:15</p> 	
<p>High touch cleaning will be done between sessions. 11-1130 Lunch 1130-1230 clients will need to bring their own lunch and utensils Coffee and tea will be provided and served only by PCLC staff (no self serve) High touch cleaning set up 1230-1/130</p>				
<p>Arts & Crafts 1:30-2:30</p> 	<p>All Fun and Games 1:30 - 3:00</p> 	<p>BINGO 1:30 – 2:30</p> 	<p>Let's Learn 1:30-2:30</p> 	<p>Movies 1:00 – 3:00</p> 
	<p>Walk in the Park 1:30 – 3:00</p> 			<p>BINGO (Virtual) 1:30 – 2:30</p> 
<p>High touch cleaning will be done between 300-400</p>				