













## Paula Cassin Learning Centre – Day Programs Spring Programs: Jan 3<sup>th</sup> 2023 – April 1<sup>st</sup> 2023

The Paula Cassin Learning Centre  
300 New Toronto Street – Unit #1  
Etobicoke, ON M8V 2E8

Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Exercise (Virtual and in Person)</b> 10:00 – 11:00</p> 	<p><b>Chair Yoga (Virtual and in Person)</b> 10:00 – 11:30</p>  <p><small>Seated Eagle</small></p>	<p><b>Cooking (Virtual and in Person)</b> 10:00 – 11:00</p> 	<p><b>Social Hour (In Person)</b> 10:30- 11:30</p> 	<p><b>Drum Fit (in person)</b> 10:00 to 11:00</p> 
<p><b>11:30 – 12:00</b> <b>Let's Learn (TED Talks)</b> <b>(Virtual Only)</b></p> 				<p><b>11:30 – 12:00</b> <b>Let's Learn (TED Talks)</b> <b>(Virtual Only)</b></p> 
Afternoon Sessions				
<p><b>World History</b> 13:30 to 14:30</p> 	<p><b>Expressive Arts (Virtual and in Person)</b> 13:30 – 14:30</p> 	<p><b>Fun and Games</b> 13:30 – 14:30</p> 	<p><b>Movies</b> 13:00 to 15:00</p> 	<p><b>Drop-in</b> 13:00 – 14:30</p> 
		<p><b>Cooking (Virtual and in Person)</b> 13:00 – 14:00</p> 