











## Summer Programs: July 4<sup>th</sup> 2023 – Sept 30<sup>th</sup> 2023

Tuesday	Wednesday	Thursday	Friday	Saturday
Coffee and News 9:30 – 10:00	Coffee and News 9:30 – 10:00	Coffee and News 9:30 – 10:00	Coffee and News 9:30 – 10:00	Coffee and News 9:30 – 10:00
Exercise (Virtual and in Person) 10:30 – 11:30	World Mythology (Virtual and in Person) 10:30 – 11:30	Body Pump (Virtual and in Person) 10:30 – 11:30	Mindfulness (Virtual and in Person) 10:30 – 11:30	Drum Fit (Virtual and in Person) 10:30 to 11:30
				
Afternoon Sessions				
Painting 13:30 – 14:30	Baking (Virtual and in Person) 13:00 – 14:30	Games/Bowling 13:30 – 2:30	Movies 13:00 to 15:00	Cooking (Virtual and in Person) 13:30 – 14:30
				

**The Paula Cassin Learning Centre**  
**In Person and Virtual Programming**  
 July 4<sup>th</sup>, 2023 – Sept 30<sup>th</sup>, 2023