

Pour confirmer votre présence, veuillez composer le **705-371-3006/1-855-377-3006**

Monday	Tuesday	Wednesday	Thursday	Friday
Supported by: Ontario North East Local Health Integration Network LEGEND: RED: REGISTRATION REQUIRED (You must register by calling 705-371-3006) BLUE: REGISTRATION NOT REQUIRED			1 9:30 Exercises (Follow the Zoom link on Facebook) 11:00 Virtual Bingo (Facebook)	2 Closed Good Friday
Closed Easter Monday	6 8:30 to 16:00 Grocery Orders and Delivery Kapuskasing 60+ 9:30 Outdoor Walking 13:00 Jog Your Mind	7 8:30 to 16:00 Grocery Delivery Kapuskasing 60+ 9:30 Exercises with Thera-Bands (Follow the Zoom link on Facebook)	8 9:30 Outdoor Walking 11:00 Virtual Bingo (Facebook) 13:30 Outdoor Walking Val Rita	9 9:00 to 11:30 Grocery and Prescription Delivery Moonbeam and Fauquier 60+ 9:30 Exercises (Follow the Zoom link on Facebook) 13:30 to 16:00 Grocery and Prescription Delivery Val Rita and Opatatika 60+
12 8:30 to 16:00 Grocery Orders Kapuskasing 60+ 9:30 Exercises with Weights (Follow the Zoom link on Facebook) 11:00 Virtual Bingo (Facebook) 13: 30 Outdoor Walking Moonbeam	13 8:30 to 16:00 Grocery Orders and Delivery Kapuskasing 60+ 9:30 Outdoor Walking 13:00 Jog Your Mind	14 8:30 to 16:00 Grocery Delivery Kapuskasing 60+ 9:30 Exercises with Thera-Bands (Follow the Zoom link on Facebook)	15 9:30 Outdoor Walking 11:00 Virtual Bingo (Facebook) 13:30 Outdoor Walking Val Rita	16 9:00 to 11:30 Grocery and Prescription Delivery Moonbeam and Fauquier 60+ 9:30 Exercises (Follow the Zoom link on Facebook) 13:30 to 16:00 Grocery and Prescription Delivery Val Rita and Opatatika 60+
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