

HANNAH'S EVENTS

CAFÉ' CONNECTION, KICK START YOUR DAY WITH RELAXTION TECHNIQUES, MON. – THURS. AT 10:00 A.M.

Monday, July 6th, 1 p.m. Lunch with Hannah
Share a recipe, Gratitude stones poem, and gratitude words on Nail Polish rocks

Monday, July 13th at 1 p.m, Writing an "I am" poem on Zoom, Creating your own affirmations, Meditation & 30 day writing challenge

Tuesday, July 14th, Self Care Party at 6 p.m.
Water colour background for Unconditional Love Symbol

Monday, July 20th, 1 p.m. Limber up with chair yoga, My Bubble exercise writing, Goal Setting

Monday, July 27th, 1 p.m. Free For All, Rock Painting, dot dot dot, or freestyle

Tuesday, July 28th, 6 p.m. Bake Healthy Muffins Tea Party, You supply 3 ripe bananas and an egg, we supply the rest, smells good!!

MARK'S EVENTS

Join Mark every Friday Night at 6 p.m. for HOUSEPARTY games. You must download the App from Google to play along and share a few laughs, Always a good time..

Monday Night Virtual Bingo 6 p.m. Contact the coordinator to arrange Bingo Card drop off. Socialize and win a prize to be dropped off during the week.

JANICE'S ACTIVITIES

Thursday, July 2nd, 9th, 16th, 23rd and 30th at 1 pm. Self Sabotage continues; this is a long course and half way through, Way to Go!!

Thursday, July 2nd, 9th, 16th, 23rd, and 30th at 6 p.m. Rollin in with Virtual Yahtzee, Do you want to play? We can provide the dice, just let us know.

Tuesday, July 21st, Staying Healthy, 6 p.m. Review your Successes, How far have you come? Setting "our" decided goals.

Wendat Virtual

Clubhouse

Search Wendat Clubhouse on Facebook, like page and follow

Most programs are on Zoom. Download the Zoom app from Google. You must provide your email to the coordinator at dforget@wendatprograms.com to get involved in the Zoom programs. The facilitator of the program will send you an invite to the Zoom room on the day of the program. You have to accept and join in the Zoom room. Download the HouseParty App to participate in Friday night games.

STAYING HEALTHY

Dress up, cook your favourite meal. Virtual Dinner in with company. Tuesday, July 7th with Janice

Water Colours

6 p.m. with Robin

Wednesdays

