

Groups by session and Days of the Week

Silver Screen not included below as it occurs on a Sunday afternoon

Natural History - dates vary according to the activity

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Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 - AM		<u>Long Walks</u> 10:00 - 13:00		<u>Family History</u> 10:15 - 11:45	
Week 1 - PM	<u>Board Games 2-4 pm</u>	<u>Movement to Music</u> 14:30 - 16:00	<u>Cards 14:00 - 16:00</u>	<u>Rummikub</u> 14:00 - 16:00	<u>Computers 14:30 - 16:00</u> <u>Nordic Walking 14:00</u>
Week 2 - AM	<u>Writing for Fun</u> 10:15 - 12:00	<u>Strollers 10:00</u>			<u>Coffee Morning 10:00 - 12:30</u> <u>Art4All 11:00 - 13:00</u>
Week 2 - PM	<u>Music Appreciation 6</u> <u>French Beginners 14:30</u>	<u>Canasta 14:00 - 16:00</u>	<u>Handicrafts p.m.</u> <u>Short Walks 13:00 or 14:00</u> <u>Cribbage 14:00 - 16.00</u>	<u>Bridge 14:00 - 16:00</u>	<u>Hempton Activites (every other month)</u> <u>Play reading 14:00 - 16:00</u>
Week 3 - AM		<u>Medium Walks</u> 10:00 a.m.	<u>Gardening 10:30 - 12:00</u>		<u>Art History 10:45 - 12:30</u>
Week 3 - PM	<u>French Conversation</u> 14:30	<u>Kurling</u> 15:00 - 17:00	<u>Cards 14:00 - 16:00</u> <u>Handicrafts p.m.</u>	<u>Speaker Meetings</u> 14:30 - 16:30	<u>History 14:30 - 16:00</u>
Week 4 - AM	<u>Archeology and Geology</u> 10:30 - 12:30 <u>French Beginners AM</u>	<u>Leisure Walks</u> 10:00:00		<u>Reading/Book Club am</u>	<u>Churches 10:30</u>
Week 4 - PM		<u>Canasta</u> 14:00 - 16:00	<u>Cribbage 14:00 - 16.00</u>	<u>Bridge 14:00 - 16:00</u> <u>Reading ?</u>	<u>Music Appreciation (3)</u> 14:00 - 16:30