

OPPORTUNITY CENTRE PROGRAM CALENDAR

Mon	Activities	Tue	Activities	Wed	Activities	Thu	Activities	Fri	Activities
9:30	Opening Time	9:30	Opening Time	9:30	Opening Time	9:30	Opening Time	9:30	Opening Time
10:00	<ul style="list-style-type: none"> • Games/Activities (Naomi) • Strength Exercise – virtual program (Stephen) 	10:00	<ul style="list-style-type: none"> • Games/Activities (Naomi) 	10:00	<ul style="list-style-type: none"> • Games/Activities (Naomi) • Program (Stephen) 	10:00	<ul style="list-style-type: none"> • Games/Activities (Naomi) • Program (Stephen) 	10:00	<ul style="list-style-type: none"> • Games/Activities (Naomi) • Stretching Exercise – virtual program (Stephen)
10:30	<ul style="list-style-type: none"> • Chit Chat – virtual program (Pauline) 	10:30	<ul style="list-style-type: none"> • Tai Chi – virtual program (Stephen) • Smart Exercises – virtual program (Pauline) 	10:30	<ul style="list-style-type: none"> • Karaoke – virtual program (Pauline) 	10:30	<ul style="list-style-type: none"> • Smart Exercises – virtual program (Pauline) 	10:30	<ul style="list-style-type: none"> • Wellness – virtual program (Pauline)
11:30	Lunch break	11:30	Lunch break	11:30	Lunch break	11:30	Lunch break	11:30	Lunch break
12:30	<ul style="list-style-type: none"> • Games/Activities (Naomi) 	12:30	<ul style="list-style-type: none"> • Games/Activities (Naomi) 	12:30	<ul style="list-style-type: none"> • Games/Activities (Naomi) 	12:30	<ul style="list-style-type: none"> • Games/Activities (Naomi) 	12:30	<ul style="list-style-type: none"> • Games/Activities (Naomi)
13:00	<ul style="list-style-type: none"> • Games/Activities (Pauline) 	13:00	<ul style="list-style-type: none"> • Program (Stephen) • Games/Activities (Pauline) 	13:00	<ul style="list-style-type: none"> • Chair Yoga – virtual program (Stephen) • Games/Activities (Pauline) 	13:00	<ul style="list-style-type: none"> • Tai Chi – virtual program (Stephen) • Games/Activities (Pauline) 	13:00	<ul style="list-style-type: none"> • Guitar (Stephen) • Games/Activities (Pauline)
14:00	Closing time	14:00	Closing time	14:00	Closing time	14:00	Closing time	14:00	Closing time