

November

2023

L'Arche Daybreak Virtual Afternoon Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NEW Theatrical Movement class	With Karina On Tuesdays At 2:30 PM		1 Cardio Drumming 2:00 – 3:00 PM	2 Music with Mary Bennet 2:00 – 3:00 PM	3 BINGO 2:00 – 3:00 PM	4
5	6 Yoga with Shikha 2:00 – 3:00 PM	7 Theatrical Movement 2:30 – 3:30 PM	8 Cardio Drumming 2:00 – 3:00 PM	9 Music with Mary Bennet 2:00 – 3:00 PM	10 BINGO 2:00 – 3:00 PM	11
12	13 Yoga with Shikha 2:00 – 3:00 PM	14 Theatrical Movement 2:30 – 3:30 PM	15 Cardio Drumming 2:00 – 3:00 PM	16 Music with Mary Bennet 2:00 – 3:00 PM	17 BINGO 2:00 – 3:00 PM	18
19	20 Yoga with Shikha 2:00 – 3:00 PM	21 Theatrical Movement 2:30 – 3:30 PM	22 Cardio Drumming 2:00 – 3:00 PM	23 Music with Mary Bennet 2:00 – 3:00 PM	24 BINGO 2:00 – 3:00 PM	25
26	27 Yoga with Shikha 2:00 – 3:00 PM	28 Theatrical Movement 2:30 – 3:30 PM	29 Cardio Drumming 2:00 – 3:00 PM	30 Music with Mary Bennet 2:00 – 3:00 PM	**Classes are now Also offered in Person at the	Meeting hall. Come join in the Fun together.
For more Information	Contact Fran Johnstone 416-843-5089	Payment Option #1	\$10 per class Billed to you At end of month	Payment Option #2	\$125.00 month Unlimited classes	