

# September

# 2024

## L'Arche Daybreak Afternoon Virtual Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labour Day	3 Stretch and Tone With Karina 2:30 – 3:15 PM	4 DrumFit 2:00 – 3:00 PM	5 Music with Mary Bennet 2:00 – 3:00 PM	6 BINGO 2:00 - 3:00 PM	7
8	9 Yoga with Mikenze 2:00 – 3:00 PM	10 Stretch and Tone With Karina 2:30 – 3:15 PM	11 DrumFit 2:00 – 3:00 PM	12 Music with Mary Bennet 2:00 – 3:00 PM	13 BINGO 2:00 - 3:00 PM	14
15	16 Yoga with Mikenze 2:00 – 3:00 PM	17 Stretch and Tone With Karina 2:30 – 3:15 PM	18 DrumFit 2:00 – 3:00 PM	19 Music with Mary Bennet 2:00 – 3:00 PM	20 BINGO 2:00 - 3:00 PM	21
22	23 Yoga with Mikenze 2:00 – 3:00 PM	24 Stretch and Tone With Karina 2:30 – 3:15 PM	25 DrumFit 2:00 – 3:00 PM	26 Music with Mary Bennet 2:00 – 3:00 PM	27 BINGO 2:00 - 3:00 PM	28
29	30 Yoga with Mikenze 2:00 – 3:00 PM	For more Information	Please call Fran Johnstone 416-843-5089			