

# November

# 2024

## L'Arche Daybreak Afternoon Virtual Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
For more information	Please contact <a href="mailto:franjohnstone@larchedaybreak.com">franjohnstone@larchedaybreak.com</a>				1 BINGO 2:00 – 3:00 PM	2
3	4 Yoga with Mikenze 2:00 – 3:00 PM	5 Stretch and Tone With Karina 2:30 – 3:15 PM	6 DrumFit 2:00 – 3:00 PM	7 Music with Mary Bennet 2:00 – 3:00 PM	8 BINGO 2:00 – 3:00 PM	9
10	11 Yoga with Mikenze 2:00 – 3:00 PM	12 Stretch and Tone With Karina 2:30 – 3:15 PM	13 DrumFit 2:00 – 3:00 PM	14 Music with Mary Bennet 2:00 – 3:00 PM	15 BINGO 2:00 – 3:00 PM	16
17	18 Yoga with Mikenze 2:00 – 3:00 PM	19 Stretch and Tone With Karina 2:30 – 3:15 PM	20 DrumFit 2:00 – 3:00 PM	21 Music with Mary Bennet 2:00 – 3:00 PM	22 BINGO 2:00 – 3:00 PM	23
24	25 Yoga with Mikenze 2:00 – 3:00 PM	26 Stretch and Tone With Karina 2:30 – 3:15 PM	27 DrumFit 2:00 – 3:00 PM	28 Music with Mary Bennet 2:00 – 3:00 PM	29 BINGO 2:00 – 3:00 PM	30