

# SCWW May 2022

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>2</b>  <b>Chair Exercise</b> 9:30-10:00am	<b>3</b>  <b>Chair Yoga</b> 1:00-1:30pm	<b>4</b>	<b>5</b>  <b>Tea &amp; Inspirational Chats with Hannah</b> 1:00-1:30pm	<b>6</b>  <b>Stress Busters</b> 9:00-9:30am  <b>Ask an Expert: Nutritional Talk</b> 10:00-10:30am
<b>9</b>  <b>Chair Exercise</b> 9:30-10:00am	<b>10</b>  <b>Chair Yoga</b> 1:00-1:30pm	<b>11</b>	<b>12</b>  <b>Tea &amp; Inspirational Chats with Hannah</b> 1:00-1:30pm	<b>13</b>  <b>Stress Busters</b> 9:00-9:30am
<b>16</b>  <b>Chair Exercise</b> 9:30-10:00am	<b>17</b>  <b>Chair Yoga</b> 1:00-1:30pm	<b>18</b>	<b>19</b>  <b>Tea &amp; Inspirational Chats with Steve</b> 1:00-1:30pm	<b>20</b>  <b>Stress Busters</b> 9:00-9:30am
<b>23</b>  <b>Victoria Day</b>	<b>24</b>  <b>Chair Yoga</b> 1:00-1:30pm	<b>25</b>  <b>Ask an Expert: Emergency Preparedness</b> 10:00-10:30am	<b>26</b>  <b>Tea &amp; Inspirational Chats with Hannah</b> 1:00-1:30pm	<b>27</b>  <b>Stress Busters</b> 9:00-9:30am
<b>30</b>  <b>Chair Exercise</b> 9:30-10:00am	<b>31</b>  <b>Chair Yoga</b> 1:00-1:30pm			

**How TO Register**

Call Activity Haven at 705-876-1670  
**OR**  
Email Hannah at [hannahpeart@activityhaven.com](mailto:hannahpeart@activityhaven.com)

# SCWW June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #f0f0f0;"> <p>June is Seniors Month. This year the theme is <b>Stay Active, Stay Connected, Stay Safe.</b></p> </div>		<p><b>1</b></p> <p><b>Ask an Expert: What is going on for Seniors Month</b> 10:00-10:30am</p>	<p><b>2</b></p> <p><b>Tea &amp; Inspirational Chats with Hannah</b> 1:00-1:30pm</p>	<p><b>3</b></p> <p><b>Stress Busters</b> 9:00-9:30am</p>
<p><b>6</b></p> <p><b>Chair Exercise</b> 9:30-10:00am</p>	<p><b>7</b></p> <p><b>Chair Yoga</b> 1:00-1:30pm</p>	<p><b>8</b></p> <p><b>Ask an Expert: Stay Active</b> 10:00-10:30am</p>	<p><b>9</b></p> <p><b>Tea &amp; Inspirational Chats with Hannah</b> 1:00-1:30pm</p>	<p><b>10</b></p> <p><b>Stress Busters</b> 9:00-9:30am</p>
<p><b>13</b></p> <p><b>Chair Exercise</b> 9:30-10:00am</p>	<p><b>14</b></p> <p><b>Chair Yoga</b> 1:00-1:30pm</p>	<p><b>15</b></p> <p><b>Ask an Expert: World Elder Abuse Awareness Day</b> 10:00-10:30am</p>	<p><b>16</b></p> <p><b>Tea &amp; Inspirational Chats with Steve</b> 1:00-1:30pm</p>	<p><b>17</b></p> <p><b>Stress Busters</b> 9:00-9:30am</p>
<p><b>20</b></p> <p><b>Chair Exercise</b> 9:30-10:00am</p>	<p><b>21</b></p> <p><b>Chair Yoga</b> 1:00-1:30pm</p>	<p><b>22</b></p> <p><b>Ask an Expert: Stay Connected</b> 10:00-10:30am</p>	<p><b>23</b></p> <p><b>Tea &amp; Inspirational Chats with Hannah</b> 1:00-1:30pm</p>	<p><b>24</b></p> <p><b>Stress Busters</b> 9:00-9:30am</p>
<p><b>27</b></p> <p><b>Chair Exercise</b> 9:30-10:00am</p>	<p><b>28</b></p> <p><b>Chair Yoga</b> 1:00-1:30pm</p>	<p><b>29</b></p> <p><b>Ask an Expert: Stay Safe</b> 10:00-10:30am</p>	<p><b>30</b></p> <p><b>Tea &amp; Inspirational Chats with Hannah</b> 1:00-1:30pm</p>	

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Register**

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