



Networks Activity Centre

With our physical doors being closed, Networks as made the move to online programming. These programs are hosted on Zoom. If you are interested in joining our programs, please email Chelsea at chelsean@nacentre.ca and you will be added to our invite list.

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga 10:00-11:00	Yoga 10:00-11:00	Chat Group 11:00-12:00	Chat Group 11:00-12:00	Chat Group 11:00-12:00
Chat Group 11:00-12:00	Chat Group 11:00-12:00	Journaling 1:00-2:00		

Keep checking back, as we will be adding more programs shortly!