



Networks Activity Centre

With our physical doors being closed, Networks as made the move to online

programming. These programs are hosted on Zoom. To join us, please enter the meeting ID and the host will let you in when the meeting starts. We look forward to seeing you

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Yoga</u> 10:00-11:00	<u>Yoga</u> 10:00-11:00	<u>Chat Group</u> 11:00-12:00	<u>Chat Group</u> 11:00-12:00	<u>Chat Group</u> 11:00-12:00
<u>Chat Group</u> 11:00-12:00	<u>Chat Group</u> 11:00-12:00			
	<u>Stroke Recovery</u> 7:00 pm			

Meeting ID's

Yoga: 977 2285 0909

Stroke Recovery: 990 2407 7559 Chat: 911 7032 0960