

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Contact Sharron Colter at 519-793-3473 for the phone in toll free number or e-mail <a href="mailto:dshcolter@eastlink.ca">dshcolter@eastlink.ca</a> for more information and VESTA Teleconference phone number and guest code.</b></p>				<p>1 <u>11:15 – 12:00 p.m.</u> Meditation with Lee – by <b>VESTA</b> toll free phone</p>	<p>2 <b>Chair Laughter Yoga by Carolyn</b> via zoom video or phone <b>10:00 – 10:30 a.m. Zoom Phone ONLY</b> 11:00 – 11:30 a.m. or 2:00 - 3:00 p.m. with <b>Carolyn</b></p>	<p>3 <b>Chair Laughter Yoga by Carolyn</b> via zoom video or phone <b>10:00 – 10:30 a.m. Zoom Phone ONLY</b> 11:00 – 11:30 a.m. with <b>Carolyn</b></p>
4	<p>5 <b>Chair Laughter Yoga by Carolyn</b> via zoom video or phone <b>10:00 – 10:30 a.m. Zoom Phone ONLY</b> 11:00 – 11:30 a.m. or 2:00 - 3:00 p.m. with <b>video &amp; Carolyn</b></p>	<p>6 <u>1:00 – 3:00 p.m.</u> Christ Church Lion’s Head – Amber Jackson – Community Forum Snow date for Jan. 23rd <u>1:30 – 2:15 p.m.</u> Hidden Figures <b>VESTA</b> toll free phone</p>	<p>7 <b>11:15 – 12:00 p.m.</b> Mindfulness with Nina by <b>VESTA</b> toll free phone in</p>	8	<p>9 <b>Chair Laughter Yoga by Carolyn</b> via zoom video or phone <b>10:00 – 10:30 a.m. Zoom Phone ONLY</b> 11:00 – 11:30 a.m. or 2:00 - 3:00 p.m. with <b>zoom video &amp; Carolyn</b></p>	<p>10 <b>Chair Laughter Yoga by Carolyn</b> via zoom video or phone <b>10:00 – 10:30 a.m. Zoom Phone ONLY</b> 11:00 – 11:30 a.m. with <b>zoom video &amp; Carolyn</b></p>
<p><b>NBPCSAAC = Northern Bruce Peninsula Community Support Advisory Action Committee</b></p> <p><b>NBP Bruce Grey Senior Centre With and Without Walls Community Grant Sponsors:</b></p> <ol style="list-style-type: none"> <li><b>The Good Companions Senior Centre, Ottawa</b></li> <li><b>The NB Peninsula Municipality</b></li> <li><b>Trillium Mutual Insurance Roots Grant</b></li> </ol>	<p>12 <b>Chair Laughter Yoga by Carolyn</b> via zoom video or phone <b>10:00 – 10:30 a.m. Zoom Phone ONLY</b> 11:00 – 11:30 a.m. or 2:00 - 3:00 p.m. with <b>video &amp; Carolyn</b></p>	<p>13 <u>1:30 – 2:15 p.m.</u> <b>Defy Dementia VESTA</b> toll free phone with Good Companions</p>	<p>14 <u>11:15 – 12:00 p.m.</u> <b>Long Term Care and Age-Friendly Communities #1</b> by Megan from Bruce County by <b>VESTA</b> toll free phone</p>	<p>15 <u>11:15 – 12:00 p.m.</u> Meditation with Lee – by <b>VESTA</b> toll free phone</p>	<p>16 <b>10:00 – 10:30 a.m. Chair Laughter Yoga by Carolyn</b> via zoom video or phone <b>10:00 – 10:30 a.m. Zoom Phone ONLY</b> 11:00 – 11:30 a.m. or 2:00 - 3:00 p.m. with <b>zoom video &amp; Carolyn</b></p>	<p>17 <b>Chair Laughter Yoga by Carolyn</b> via zoom video or phone <b>10:00 – 10:30 a.m. Zoom Phone ONLY</b> 11:00 – 11:30 a.m. with <b>zoom video &amp; Carolyn</b></p>
	<p>19 <b>Chair Laughter Yoga by Carolyn</b> via zoom video or phone <b>10:00 – 10:30 a.m. Zoom Phone ONLY</b> 11:00 – 11:30 a.m. or 2:00 - 3:00 p.m. with <b>video &amp; Carolyn</b></p>	<p>20 <u>11:15 – 12:00 p.m.</u> <b>Ask a Lawyer</b> with Angela Yensen by <b>VESTA</b> <u>1:30 – 2:30 p.m.</u> Art Talk – <b>VESTA</b> phone h The Good Companions</p>	<p>21 <b>11:15 – 12:00 p.m. Mindfulness</b> with Nina by <b>VESTA</b> <b>1:00 – 2:00 p.m. Writer’s Workshop</b> Zoom Link will be sent to you or join by <b>VESTA</b> toll free phone in</p>	22	<p>23 <b>Chair Laughter Yoga by Carolyn</b> via zoom video or phone <b>10:00 – 10:30 a.m. Zoom Phone ONLY</b> 11:00 – 11:30 a.m. or 2:00 - 3:00 p.m. with <b>zoom video &amp; Carolyn</b></p>	<p>24 <b>Chair Laughter Yoga by Carolyn</b> via zoom video or phone <b>10:00 – 10:30 a.m. Zoom Phone ONLY</b> 11:00 – 11:30 a.m. with <b>zoom video &amp; Carolyn</b></p>
	<p>2 <b>Chair Laughter Yoga by Carolyn</b> via zoom video or phone <b>10:00 – 10:30 a.m. Zoom Phone ONLY</b> 11:00 – 11:30 a.m. or 2:00 - 3:00 p.m. with <b>video &amp; Carolyn</b></p>	<p>27 <u>11:00 – 12:00 p.m.</u> <b>Book Club</b> – “Took You So Long” with author C.I. Matthews by zoom Phone Sharron at 519-793-3473. <u>4:00 – 4:30 p.m.</u> All Ages Fun - <b>VESTA</b></p>	28	<p>29 <u>10:00 – 11:00 a.m.</u> <b>Let’s Do Coffee</b> – Phone Sharron for the link. (519-793-3473) <u>11:15 – 12:00 p.m.</u> – <b>VESTA</b> toll free phone – <b>Topic: Trivia with Debbie</b></p>	<p>“We acknowledge with respect, the history, spirituality, and culture of the Anishinaabek and the Haudenosaunee peoples on whose traditional territories we gather and whose ancestors signed Treaties with our ancestors. We recognize also, the Ojibway of Nawash and the Ojibway of Saugeen, whose ancestors shared this land and these waters. May we all live with respect on this land, and live in peace and friendship with all its diverse peoples.”</p>	

