







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<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>				<p>1 10:00 – 10:30 a.m. Laughter Chair Yoga with Carolyn – VESTA Phone</p>	<p>2 10:00 – 10:30 a.m. Chair Yoga with Carolyn</p>
3	<p>4 10:00 – 10:30 a.m. Laughter Chair Yoga with Carolyn · VESTA Phone</p>	<p>5 1:30 – 2:15 p.m. VESTA Sleuthing with Sherlock with The Good Companions</p>	6	<p>7 2:00 – 3:00 p.m. Lion’s Head Legion Branch 202 Membership Meeting in person</p>	<p>8 10:00 – 10:30 a.m. Laughter Chair Yoga with Carolyn – VESTA Phone</p>	<p>9 10:00 – 10:30 a.m. Chair Yoga with Carolyn</p>
<p>10</p> 	<p>11 10:00 – 10:30 a.m. Laughter Chair Yoga with Carolyn · VESTA Phone</p>	<p>12 1:30 – 2:30 p.m. VESTA Phone AGO Museum Tour with The Good Companions</p>	13	<p>14 11:15 – 12:00 p.m. Conversations about Aging in Place – VESTA Phone</p>	<p>15 10:00 – 10:30 a.m. Laughter Chair Yoga with Carolyn – VESTA Phone</p>	<p>16 10:00 – 10:30 a.m. Chair Yoga with Carolyn</p>
<p>17</p> 	<p>18 10:00 – 10:30 a.m. Laughter Chair Yoga with Carolyn · VESTA Phone</p>	<p>19 11:15 – 12:00 p.m. ASK A Lawyer – VESTA – Angela Yenssen 4:30 – 5:00 p.m. Fun for All Ages</p>	<p>20 1:00 – 2:00 p.m. Writing Workshop Call 519-793-3473 for the Zoom link.</p>	<p>21 11:15 – 12:00 p.m. Meditation with Lee – VESTA Phone</p>	<p>22 10:00 – 10:30 a.m. Laughter Chair Yoga with Carolyn – VESTA Phone</p>	<p>23 10:00 – 10:30 a.m. Chair Yoga with Carolyn</p>
<p>24</p>	<p>25 10:00 – 10:30 a.m. Laughter Chair Yoga with Carolyn · VESTA Phone</p>	<p>26 11:00 a.m. – 12:00 p.m. Book Club – Call for ZOOM link. 1:30 – 2:00 p.m. VESTA Phone Meditation</p>	27	<p>28 11:15 – 12:00 p.m. Trivia with Debbie – VESTA Phone</p>	<p>29 Easter Weekend</p> 	<p>30 Easter Weekend</p> 
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