

01 MAY	12:30 pm - 13:30 pm	Yoga (In-person)
	18:00 pm - 19:00 pm	Qi Gong (Online)
02 MAY	17:00 pm - 18:30 pm	Thrivin Thursdays Activity Night
	18:30 pm - 19:30 pm	Zumba
03 MAY	10:00 am - 11:30 am	Growing edibles in small spaces workshop
04 MAY	10:00 am - 15:00 pm	Jane's Walk
05 MAY	12:00 pm - 17:00 pm	Red Dress Gathering
06 MAY	16:30 pm - 19:00 pm	Women's Health Workshop - Peri-menopause & Menopause
07 MAY	11:00 am - 12:00 pm	Meditation classes
	12:30 pm - 14:30 pm	French for Fun - Beinvenue/Au revoir - CLASS is FULL
	13:00 pm - 15:30 pm	Women's Addiction Support Group - CANCELLED
	14:00 pm - 15:00 pm	Spill the beans
	17:30 pm - 19:00 pm	Drop-in Practice English Tuesdays (in-person)
	17:30 pm - 19:30 pm	Artist in Residence - Resting in Art - WORKSHOP IS FULL
08 MAY	12:30 pm - 13:30 pm	Yoga (In-person)

09 MAY	18:00 pm - 19:00 pm	Poetry class
	18:30 pm - 19:30 pm	Zumba
13 MAY	16:30 pm - 19:30 pm	Building Connected Communities - Sexual Violence Awareness Workshop
14 MAY	11:00 am - 12:00 pm	Meditation classes
	12:30 pm - 14:30 pm	French for Fun - Beinvenue/Au revoir - CLASS is FULL
	15:00 pm - 17:00 pm	Knitting Connection
	17:30 pm - 19:00 pm	Drop-in Practice English Tuesdays (in-person)
15 MAY	12:30 pm - 13:30 pm	Yoga (In-person)
	16:30 pm - 18:00 pm	Garden Group
	18:00 pm - 19:00 pm	Qi Gong (Online)
16 MAY	17:00 pm - 18:30 pm	Thrivin Thursdays Activity Night
	18:30 pm - 19:30 pm	Zumba
17 MAY	10:00 am - 11:30 am	Making and Learning about easy, fun, balanced snacks
21 MAY	11:00 am - 12:00 pm	Meditation classes
	12:30 pm - 14:30 pm	French for Fun - Beinvenue/Au revoir - CLASS is FULL
	17:30 pm - 19:30 pm	Artist in Residence - Resting in Art - WORKSHOP IS FULL
	17:30 pm - 19:00 pm	Drop-in Practice English Tuesdays (in-person)

22 MAY	12:30 pm - 13:30 pm	Yoga (In-person)
	13:00 pm - 15:00 pm	Time to Grow Workshop
	16:30 pm - 18:00 pm	Garden Group
	18:00 pm - 19:00 pm	Qi Gong (Online)
23 MAY	17:00 pm - 19:00 pm	AGM
27 MAY	10:00 am - 12:00 pm	Practice English (Online - Zoom)
	13:00 pm - 15:00 pm	Time to Grow Workshop
	16:30 pm - 18:30 pm	Asian Heritage Month Celebration - Advancing Leaders Through Innovation
	17:00 pm - 18:30 pm	Financial literacy workshop
28 MAY	08:00 am - 17:00 pm	Art in the Garden
	15:00 pm - 17:00 pm	Knitting Connection
	17:00 pm - 19:00 pm	Food Justice 101
	17:30 pm - 19:00 pm	Drop-in Practice English Tuesdays (in-person)
29 MAY	12:30 pm - 13:30 pm	Yoga (In-person)
	16:30 pm - 18:00 pm	Garden Group
	18:00 pm - 19:00 pm	Qi Gong (Online)
30 MAY	17:00 pm - 18:30 pm	Thrivin Thursdays Activity Night

18:30 pm - 19:30 pm	Zumba
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