



February 2021

active living
PROGRAMS



Webinars on Zoom



All seniors 60+ are welcome!

February 4 - "Beyond The Beech"- A look at Woodland Critters with Terry Sprague

February 5 - Will You Be My Valentine? Needle Felting with Lesley Snyder

February 8 - Movement with the Trees with Julia Aplin

February 8 & 22 - 52 Card Bingo

February 11 - "Distraction Theft & Other Scams" with OPP Aaron Miller

February 12 - Build a Birdhouse with Maya Navrot

February 18 - "Start Your Planter Garden with Foods and Flowers" with Lise Bois

February 19 - Get To Know Your Tea - Tea Party Sommelier Session

February 22 - West African Harvest Dances with Lua Shayenne

February 25 - "Toad Talk - Blanding's Turtles" with Reta Meng

February 25 - The Joy of Watercolour Journaling - Beginners 5 week series

February 26 - Springtime String Art Craft

March 8 - Mindful Motion with Carol Anderson

March 22 - Dance Your Body, Move Your Heart with Claudia Moore

**For information & to register call 613-476-7493
& leave a detailed message**

