

## SUNDAY

**Covid-19 Hand Washing remember to lather and wash for 20 seconds and reaching every spot than rinse thoroughly under running water.**

## MONDAY

**Just Dance (gaming console)**  
1PM – 2PM  
**Art Therapy (Collab. With LLCP)**  
2PM – 3PM

## TUESDAY

**Beginners Yoga**  
11AM – 12PM  
**Gardening Club (Not Virtual)**  
12PM – 1PM  
**Anishinaabemowin Class (one-on-one)**  
1PM – 5PM  
**Virtual Youth Night**  
7pm

## WEDNESDAY

**Beginners Yoga**  
11 AM – 12 PM  
**Dance Lesson (Hip-Hop)**  
1pm – 2PM  
**Just Dance (gaming console)**  
1PM – 2PM  
**Boxing / Exercise**  
1PM – 2PM

## THURSDAY

**Beginners Yoga**  
11AM – 12PM  
**Pow Wow Dance Class**  
1PM -2PM  
**Seven Grandfather Teachings**  
2PM – 3PM  
**Anishinaabemowin Class (one-on-one)**  
3PM – 5PM  
**Youth – Led Hand Drumming**  
4PM – 5PM

\*Pow Wow Meeting

## FRIDAY

**Dance Lesson (Hip-Hop)**  
12PM – 1PM  
**Boy's Game Night (bi-weekly June 5<sup>th</sup>, 19<sup>th</sup>)**  
3PM – 5PM  
**Girls Night (bi-weekly June 5<sup>th</sup>, 19<sup>th</sup>)**  
3:30 – 5PM  
**Family Bingo (bi-weekly June 12<sup>th</sup>, 26<sup>th</sup>)**  
3PM – 5PM

## SATURDAY

**Covid-19 Physical Distancing keeping our distance from one another and limiting activities outside the home. Please remember when outside your home to maintain a 2-metre distance away from others.**

## NOTES

All programs are virtual. Posters are available via Social Media (Facebook). For more information and to register for programming please contact Masima Lawrence 416.360.4350

**Harm Reduction Workshop is scheduled for June 5<sup>th</sup>, please contact Taijah Abotossaway to register.**

# JUNE 2020

## Youth Wellness Sector Calendar

