

SUMMER

Virtual Learning!

Stay Flexible!

Join as many programs as you want each week for one flat fee!

Stay Focused!

Shorter learning sessions mean less virtual fatigue!

Stay Engaged!

More learning choices & times to fit your schedules and keep you connected!

Register for a flat rate of \$100/ weekly and join in any and as many, programs as you like!

www.communityofhearts.ca
Register at: info@communityofhearts.ca



COMMUNITY OF HEARTS
Lifelong Learning Centre

Virtual Learning Day Program

Summer
Schedule!



	Monday	Tuesday	Wednesday	Thursday	Friday
9 - 9:50am	 <p>Nature Studies with Alyssa Learn about animals, plants and Nature from the world around you!</p>	 <p>Countries & Culture with Rebecca Choose places around the world you want to learn about and visit (virtually)!</p>	 <p>Arts for Wellness with Paige Use art as a tool for wellness, learning and expression!</p>	 <p>Countries & Culture with Rebecca Choose places around the world you want to learn about and visit (virtually)!</p>	 <p>Book Club with Paige Read together and test your knowledge with trivia/comprehension questions!</p>
10- 11:30am	 <p>Representation in Media with Alisha Enjoy a family friendly show and answer fun trivia questions together!</p>	 <p>Nature Studies with Alyssa Learn about animals, plants and Nature from the world around you!</p>	 <p>Representation in Media with Alisha Enjoy a family friendly show and answer fun trivia questions together!</p>	 <p>Cooking with Kitchen Confidence with Paige Gain the tools and freedom to be independent in the kitchen!</p>	 <p>Representation in Media with Alisha Enjoy a family friendly show and answer fun trivia questions together!</p>
12- 1pm	 <p>Lunch and Learn with Paige Eat your lunch and connect with friends through a facilitated conversation circle!</p>	 <p>Lunch and Learn with Alisha Eat your lunch and connect with friends through a facilitated conversation circle!</p>	 <p>Lunch and Learn with Alyssa Eat your lunch and connect with friends through a facilitated conversation circle!</p>	 <p>Lunch and Learn with Rebecca Eat your lunch and connect with friends through a facilitated conversation circle!</p>	 <p>Lunch and Learn with Rebecca Eat your lunch and connect with friends through a facilitated conversation circle!</p>
2- 3pm	 <p>Fitness and Wellness with Alyssa Get active from the comfort of your home and learn fun tips and tricks to nourish your body!</p>	 <p>Dance Fitness with Rebecca Dance along to all your favourite songs and learn how dance supports your wellness!</p>	 <p>Fitness and Wellness with Alyssa Get active from the comfort of your home and learn fun tips and tricks to nourish your body!</p>	 <p>Fitness and Wellness with Alyssa Get active from the comfort of your home and learn fun tips and tricks to nourish your body!</p>	 <p>Dance Fitness with Rebecca Dance along to all your favourite songs and learn how dance supports your wellness!</p>

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