COMMUNITY LIVING Essex County

FOCUS ACCREDITATION

Inspiring Possibilities

VIRTUAL SUPPORTS

SESSION DATES AND TIMES

JUNE 1ST - JUNE 30TH 2026



SUN	MON	TUE	WED	THU	FRI	SAT
	1 **10a-11a** Yoga with Coco **3:30p-4:30p** Signing with Friends	2 **10a-11a** Sit and Move **3p-4p** Drum Fit with Sunshine	3 **11a-12p** Planning Your Staycation **2p-3p** Fairy Tale Comparisons **6p-7p** Bingo	4 **11a-12p** Laughter Yoga **2p-3p** Word Games **6p-7p** Jeopardy!	5 **10:45a-11:45a** Ready to Read **12:30p-1:30p** Karaoke with Candice **11a-1p** New Day BBQ & Baseball	6
7	8 **10a-11a** Yoga with Coco **2p-3p** Painting with Brianne **3:30p-4:30p** Music Trivia	9 **10a-11a** Generations from Boomers to Zoomers **11:30p-12:30p** Craft & Chat **3p-4p** Drum Fit with Sunshine	10 **11:30a-12:30p** Wacky Wednesday **2:30p-3:30p** Music Therapy **4p-5p** Game Day	11 **11a-12p** Summer Vacation Canada's East Coast **5:30p-8p** Movie Night	12 **10:45a-11:45a** Ready to Read **3p-4p** Bingo	13
14	15 **10a-11a** Yoga with Coco **3:30p-4:30p** A Learning Journey: Financial Literacy	16 **10a-11a** Sit and Move **3p-4p** Drum Fit with Sunshine	17 **11a-12p** Let's Celebrate Father's Day **2p-3p** Pond Life **5p-6p** Bingo	18 **11a-12p** Laughter Yoga **2p-3p** Guess Who?	19 **10:45a-11:45a** Ready to Read **12:30p-1:30p** Karaoke with Candice **3p-4p** Spring Bingo	20
21	22 **10a-11a** Yoga with Coco **12p-1p** Meet & Eat **3:30p-4:30p** Music Trivia	23 **10:45a-11:45a** Cooking with Company **3p-4p** Drum Fit with Sunshine	24 **11:30a-12:30p** Wacky Wednesday **2:30p-3:30p** Music Therapy **6p-7p** Game Night	25 **11a-12p** Mixed Breed Animals **6p-8p** Movie Night	26 **10:45a-11:45a** Ready to Read **3p-4p** Number Bingo	27
28	29 **10a-11a** Yoga with Coco **3:30p-4:30p** Music Trivia	30 **10a-11a** Sit and Move **3p-4p** Drum Fit with Sunshine				