Recreation Zoom Schedule

MONDAYS –
• 12:30 – 1:00 = Sip & Say with Tammy
• 7:00 – 7:30 = Bingo with Emily

TUESDAYS –
• 10:00 – 10:30 = Exercise with Andrew
• 12:30 – 1:00 = Pet Parade with Chelsea
• 7:00 – 7:30 = Karaoke with Emily

WEDNESDAYS –
• 10:00 – 10:30 = Relaxation with Andrew
• 12:30 – 1:00 = Master Crafters with Trish

THURSDAYS –
• 10:00 – 10:30 = Exercise with Andrew
• 12:30 – 1:00 = Name that Tune with Tammy

FRIDAYS –
• 10:00 – 10:30 = Exercise with Alyssa
• 12:30 – 1:00 = Trivia with Chris

SATURDAYS –
• 7:00-7:30 = Dance with Alyssa & Ceslie

ZOOM

• If you would like to participate, please email Kathy Duffin at kduffin@mcbdds.org to get a link to be able to join!

• You MUST email in order to be able to join the activity