

ONLINE CLASSES AT KW HAB (November and December)

	Morning	Afternoon
Monday	<p>GLEE WITH KATIE 9:30-10:00 Registration required Contact lsprowl@kwhab.ca</p> <p>SING A LONG WITH BRAD (FREE) 11:00-11:30 https://us02web.zoom.us/j/709152336 Meeting ID: 709 152 336 Passcode: 393894</p>	<p>LEG UP! HOLIDAY ACTIVITIES & MUSIC 1:00-2:00 Registration required Contact Legup@kwhab.ca</p>
Tuesday	<p>MINDFULNESS WITH WILMA (FREE) 9:00-9:30 https://us02web.zoom.us/j/81201419669 Meeting ID: 812 0141 9669</p> <p>CHAIR YOGA WITH WILMA (FREE) 9:30-10:00 https://us02web.zoom.us/j/81201419669 Meeting ID: 812 0141 9669</p> <p>SPEAK UP! WITH WILMA (FREE) 10:30-11:00 https://us02web.zoom.us/j/81201419669</p> <p>LEG UP! – LET’S BAKE CHRISTMAS TREATS 11:00-12:00 Registration required Contact Legup@kwhab.ca</p>	<p>ARTSHINE WITH MONICA 1:30-2:00 Registration required Contact lsprowl@kwhab.ca</p>

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<p>Wednesday</p>	<p>MUSIC WITH LEN 10:00-10:30 Registration required Contact lsprowl@kwhab.ca</p> <p>SING A LONG WITH BETH (FREE) 11:00-11:30</p> <p>https://us02web.zoom.us/j/709152336</p> <p>Meeting ID: 709 152 336 Passcode: 393894</p>	<p>LEG UP! – HOLIDAY ARTS & CRAFTS 1:00-2:00 Registration required Contact Legup@kwhab.ca</p> <p>ARTSHINE WITH MONICA 1:30-2:00 Registration required</p> <p>Contact lsprowl@kwhab.ca</p>
<p>Thursday</p>	<p>DRUMMING WITH SAM 11:00-11:30 Registration required Contact lsprowl@kwhab.ca</p>	<p>LEG UP! – LET'S MAKE CHRISTMAS CARDS 1:00-2:00 Registration required Contact Legup@kwhab.ca</p> <p>MUSIC WITH KATIE 1:45 – 2:15 Registration required Contact lsprowl@kwhab.ca</p>

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<p>Friday</p>	<p>MINDFULNESS WITH RACHEL (FREE) 9:00-9:30 https://us02web.zoom.us/j/81201419669</p> <p>LEG UP! – HOLIDAY PIES AND DESSERTS 10 AM – 11 AM Registration required Contact Legup@kwhab.ca</p> <p>SING A LONG WITH ALISON (FREE) 11:00-11:30 https://us02web.zoom.us/j/709152336 Meeting ID: 709 152 336 Passcode: 393894</p>	
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*****PLEASE NOTE: LEG UP! CLASSES WILL RUN NOV 16 – DEC 22, 2020**

FREE CLASSES WILL RUN WEEKLY UNTIL DEC 23, 2020

VIBE CLASSES: PLEASE REGISTER FOR NOVEMBER AND/OR DECEMBER