

## Connect with new friends and create instant memories!



Find the ZOOM Link to join on our Forms page (link above) or by contacting myexperience@ilac.ca

# **ONLINE ACTIVITIES CALENDAR** July & August 2025 **Click here to register!**

# JUL 12/ AUG 30 **Online Movie Night**

Get cozy for a Movie Night!



### 8:00 pm - 10:00 pm (EST - Toronto Time)

# Kiss Yoga Class

Enjoy a relaxing Yoga



8:00 pm - 9:30 pm (EST - Toronto Time)