



# EXTRAORDINARY Fall Activity Schedule 2021- 2022

www.motm-oac.com

Aaniin - Aaniin Community Centre

Rouge River - Rouge River Community Centre

Day	Program	Time	Venue	Convener	Convener e-mail address	Start Date	Space Capacity	End Date
<b>Monday</b>	Wellness & Muscle Exercise	09:30 am - 11:30 am	Aaniin - Gym 3	Kin Ming C.	mondaymotm9@gmail.com	Sept. 27	33	
	Yoga Class	09:15 am - 12:30 pm	Aaniin - Older Adult Room	Cement L.	yoga.motm@gmail.com	Sept. 27	22	
	Table Tennis	12:00 pm – 4:30 pm	Aaniin - Room A	Paul P.		Sept. 27	14	
	Karaoke	1:00 pm - 4:30 pm	Aaniin - Older Adult Room	Grace J.		Sept. 27	23	
	Ballroom Practice	2:00 pm - 4:00 pm	Rouge River - Auditorium	Jim Y.	hpyeam@gmail.com	Sept. 27	22	
<b>Tuesday</b>	Table Tennis	12:00 pm – 4:00 pm	Aaniin - Room A	Paul P.		Sept. 28	14	
	Chinese Cultural Dance Practice	09:30 am - 10:45 am	Rouge River - Auditorium	Mei C.		Sept. 28	22	
	Ballroom Practice	12:30 pm - 2:30 pm	Rouge River - Auditorium	Agnes L.	Agnesysleung.motm@gmail.com	Sept. 28	22	
<b>Wednesday</b>	ACC Wellness Exercise	9:30am – 11:30 am	Aaniin - Gym 3	C. S. Cheung	motmwednesdaywellness@gmail.com	Sept. 29	33	
	Table Tennis	12:00 pm – 4:30 pm	Aaniin - Room A	Paul P.		Sept. 29	14	
	Pickleball	1:30 pm - 3:30 pm	Aaniin - Gym 2 & 3	William L.	motm-pickleball@hotmail.com	Sept. 29	24	
	Classical Guitar	2:30 pm - 4:30 pm	Aaniin - Older Adult Room	Chi Ho Wu	guitar.motm@gmail.com	Sept. 29	23	
	Ballroom Practice	2:00 pm - 4:00 pm	Rouge River - Auditorium	Jim Y.	hpyeam@gmail.com	Sept. 29	22	
<b>Thursday</b>	Arts & Crafts	1:30 pm - 4:00 pm	Aaniin - Older Adult Room	Theresa F.		Sept. 30	23	
	Table Tennis	12:00 pm – 4:00 pm	Aaniin - Room A	Paul P.		Sept. 30	14	
	Chinese Cultural Dance Practice	09:30 am - 10:45 am	Rouge River - Auditorium	Mei C.		Sept. 30	22	
	Ballroom Instructional	11:00 am - 2:00 pm	Rouge River - Auditorium	Philip W.	MotmBallroomClass@gmail.com	Sept. 30	22	
<b>Friday</b>	Tai Chi Sword & Tai Chi Quan 42	9: 30 am – 11:30 am	Aaniin - Gym 3	KY C.	tcswordsgroup@gmail.com	Oct. 01	33	
	Table Tennis	12:00 pm – 4:30 pm	Aaniin - Room A	Paul P.		Oct. 01	14	
	Karaoke	1:00 pm - 4:30 pm	Aaniin - Older Adult Room	Grace J.		Oct. 01	23	
	Pickleball	1:30 pm - 3:30 pm	Aaniin - Gym 2 & 3	William L.	motm-pickleball@hotmail.com	Oct. 01	24	
	Ballroom Practice	2:00 pm - 4:00 pm	Rouge River - Auditorium	Jim Y.	hpyeam@gmail.com	Oct. 01	22	

Final Updated 2021/09/08

- REMARKS:**
1. Members interested in joining an activity are strongly advised to contact the Activity Convener before showing up for exercise.
  2. Members must show 2019-2020 membership card to participate the activity.
  3. Members must show full vaccination proof for entering into venue.
  4. All members MUST follow restriction rules set out by the Community Center. ( i.e. face mask, social distancing etc. )
  5. End Date of all the activities will be announced later.
  6. Some activities may require supplied fees or instruction fees, check with the activity convener for details.