

December 2023 calendar of online events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28 Kitchen creations: Italian wedding soup 3 p.m.	29 Fall asleep, stay asleep 3 p.m.	30 Travel around the world at home: Norway 3 p.m.	1 Building Your Toolbox: The Importance of Writing 3 p.m. Mental health 4 p.m.
4 Exploring the healing benefits of nature 7 p.m.	5 Kitchen creations: Coconut creamed tuna with vegetable medley 3 p.m.	6 Foods to boost brain power 3 p.m.	7 Craft corner: Flannel trees 3 p.m.	8
11 Soothing distress & healing from trauma using rhythmic activities 3 p.m.	12 Kitchen creations: Cajun Christmas potato salad 3 p.m.	13 Heart failure: Managing the symptoms 2 p.m. Medicines explained: Heart failure 3 p.m.	14 Meditation moment: Calmness 3 p.m.	15
18	19 Kitchen creations: Sweet potato, carrot, apple and andouille soup 3 p.m.	20 Find joy through the holiday stress 3 p.m.	21 Soup can workout: Holiday heart hustle 3 p.m.	22
25	26 Kitchen creations: Vegetable quiche bites 3 p.m.	27	28 Travel around the world at home: Iceland 3 p.m.	29