

# Scheduled Activities for May 2018

FOR MORE  
INFORMATION

PLEASE CALL:

468-7617

## New Drop-in Hours

**Monday**  
11:30 - 1:00 pm Main Floor  
1:00 - 5:00 pm 2<sup>nd</sup> Floor

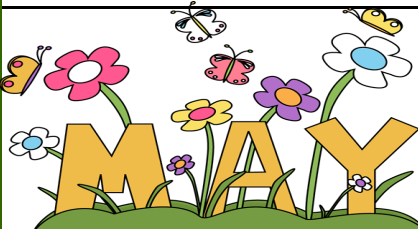


**Tuesday**  
11:30 - 1:00 pm Main Floor  
1:00 - 5:00 pm 2<sup>nd</sup> Floor

**Wednesday**  
11:30 - 1:00 pm Main Floor  
1:00 - 6:00 pm 2<sup>nd</sup> Floor  
\*Supper will be at 4:00 pm

**Thursday**  
11:30 - 1:00 pm Main Floor  
1:00 - 5:00 pm 2<sup>nd</sup> Floor

**Friday**  
11:30 - 1:00 pm Main Floor  
1:00 - 4:30 pm 2<sup>nd</sup> Floor

**Be at Market  
Square (outside  
Subway) for pick  
up times.**

Mon	Tue	Wed	Thu	Fri
	1-  Drop In	2-  Walking Group 12 pm	3-  Crafts for Mother's Day	4-  Movie & Snack 2 pm
7- Briana Chaze 2 to 4 pm Living With Stress Staying Well	8- Lorna Smith 2 to 4 pm Blood Pressure Know Your Meds Diabetes Education	9- Metis Nation of Ontario 1 to 4:30 BBQ in the Park	10- NWH Unit 2 to 4 pm Body Image Eating Healthy Self Confidence	11- Coffee Group 9:30 to 11 am Walking Group 2 pm
14-  Bread Pick up	15-  Prepare for Supper 1 pm	16-  Supper 4 pm	17- Workout 10:30 am Calendar Planning 2 pm	18-  I love Fun Fridays!
21- CLOSED 	22-  BINGO 2 pm	23-  Supper 4 pm	24- Walking Group 12 pm Yahtzee Tournament 2 pm	25-  Movie & Snack 2 pm 
28-  Bread Pick up	29- Walking Group 12 pm Prep for party 2 pm	30- Workout 10:30 am Going away party for Ed 3-5:30 pm	31-  Walmart 9:30 am	
<u>Monday</u> Pick up: 11:30 & 1:30 pm. Drop off: 1:30 & 4:30 pm.	<u>Tuesday</u> Pick up: 11:30 & 1:30pm. Drop off: 1:30 & 4:30 pm.	<u>Wednesday</u> Pick up: 11:30, 1:30 & 3 pm. Drop off: 2:30 & 5:30 pm.	<u>Thursday</u> Pick up: 11:30 & 1:30pm. Drop off: 1:30 & 4:30 pm.	<u>Friday</u> Pick up: 11:30 & 1:30pm. Drop off: 1:30 & 4:00 pm.