



MARCH 2019

Mon.	Tue.	Wed.	Thu.	Fri.
				1 COFFEE CLUB 1-2 P.M.
4 ARTS AND CRAFTS 1-2:30 P.M. MINDFULNESS 2:30 P.M.	5 PET VISITING WITH COOPER THE DOG & KATRINA 1-2 P.M. HEALTHY HEARTS 2-3:30 P.M.	6 COMPUTER + IPAD DROP – IN GROUP! 1-3 P.M.	7 LEISURE GROUP 1-3 P.M. Chess, Games, Fun	8 PHOTOGRAPHY CLUB Spring Tide Bulb Show! See Ashley for details and to sign up
11 SINGING GROUP 1-2:30 P.M. GIRL TALK 2:30 P.M.	12 COFFEE CLUB 1-2 P.M. HEALTHY HEARTS 2-3:30 P.M.	13 NO GROUPS	14 WESTFIELD HERITAGE VILLAGE TRIP See Ashley for details and to sign up!	15 NO GROUPS
18 NO GROUPS	19 COFFEE CLUB 1-2 P.M. HEALTHY HEARTS 2-3:30 P.M.	20 COFFEE TRIP <i>Meet at HMHO for 1 P.M</i>	21 LEISURE GROUP 1-3 P.M. Chess, BINGO, Fun MINDFULNESS 3 P.M.	22 COMPUTER + IPAD DROP – IN GROUP! 1-3 P.M.
25 NO GROUPS	26 NO GROUPS	27 BOWLING TRIP SEE ASHLEY FOR DETAILS AND TO SIGN UP!	28 LET'S COOK <i>See Ashley for details and to sign up!</i> LEISURE GROUP 1-3 P.M. Chess, Games, Fun	29 MOVIE DAY 1-3 P.M. "City Slickers" (1991) Popcorn & Pop

CALL ASHLEY AT 905-522-9767 x 214 FOR DETAILS!