



November 2019

Mon.	Tue.	Wed.	Thu.	Fri.
				1 Photography Skills Group <i>Gallery Show Planning</i> 1:00-3:00pm
4 Arts & Crafts: <i>Decorative Mugs</i> 1:00-2:30 PM	5 Current Events 11:00-12:00PM Coffee Club 1:00-2:00 PM Healthy Hearts 2:00-3:00 PM	6 Masters of Text -Writing Group 10:30-12:00pm Rec Quest: <i>Swimming @ Bernie Morelli Recreation Centre</i> 12:00-2:00 PM	7 Leisure Group <i>Chess, Games, Fun</i> 1:00-3:00 PM Depression Group with Magda 3:00-4:00pm	8 Computer & Ipad Group 10:30-12:00pm Photography Club: Gallery Show 2:00-3:00PM
11 Remembrance Day HMHO CLOSED	12 Let's Cook Sign-Up w/ Oksana Coffee Club 1:00-2:00 PM Healthy Hearts 2:00-3:00 PM	13 Rec Quest: <i>Basketball @ Bernie Morelli Recreation Centre</i> 11:30-1:30 PM Youth Group: <i>Pizza & Trip to the Planetarium</i> 6:00-8:00pm **Sign-up with Oksana	14 Leisure Group <i>Chess, BINGO, Fun</i> 1:00-3:00 PM Depression Group with Magda 3:00-4:00pm	15 Trip: Royal Ontario Museum **Must Sign-Up with Oksana in Advance 9:00-4:30pm DBT Skills Group with James 1:00-2:00pm
18 Computers 101 11:00-12:00PM Arts & Crafts: <i>Herb Planter</i> 1:00-2:30 PM	19 Current Events 11:00-12:00PM Coffee Club 1:00-2:00 PM Healthy Hearts 2:00-3:00 PM	20 Masters of Text -Writing Group 10:30-12:00pm Rec Quest: <i>Trip to the Planetarium</i> 6:00-8:00pm **Sign-up with Oksana	21 Leisure Group <i>Chess, Games, Fun</i> 1:00-3:00 PM Depression Group with Magda 3:00-4:00pm	22 Computer & Ipad Group 10:30-12:00pm DBT Skills Group with James 1:00-2:00pm
25 Computers 101 11:00-12:00PM Ask the Expert: TBD 1:00-2:30pm	26 Coffee Club 1:00-2:00 PM Healthy Hearts 2:00-3:00 PM	27 Rec Quest: <i>Movie Day at Hamilton Public Library: The Great Escape (1966)</i> 12:30-4:30 PM	28 No Groups	29 DBT Skills Group with James 1:00-2:00pm Singing Group 2:00-3:00pm Girl Talk 3:00pm-4:00pm

CALL OKSANA AT 905-522-9767 x 214 IF YOU HAVE QUESTIONS