



OCTOBER 2018

Mon.	Tue.	Wed.	Thu.	Fri.
1 ARTS AND CRAFTS 1-3 P.M	2 COFFEE CLUB 1-2 P.M. HEALTHY HEARTS 2-3:30 P.M.	3 NO GROUPS	4 LEISURE GROUP 1-3 P.M. Chess, Games, Fun LEARN.EAT.GROW 3-4 p.m.	5 MOVIE DAY 1-3 P.M. Popcorn & Pop
8 THANKSGIVING HMHO CLOSED	9 COFFEE CLUB 1-2 P.M. HEALTHY HEARTS 2-3:30 P.M.	10 COFFEE TRIP 1-2 P.M. <i>Meet at HMHO for 1 P.M</i>	11 LEISURE GROUP 1-3 P.M. Chess, BINGO, Fun MINDFULNESS PRACTICE 3-4 P.M.	12 SINGING GROUP 1-2:30 P.M GIRL TALK 2:30-3:30 P.M.
15 ARTS AND CRAFTS 1-3 P.M	16 COFFEE CLUB 1-2 P.M. HEALTHY HEARTS 2-3:30 P.M.	17 NO GROUPS	18 LEISURE GROUP 1-3 P.M. Chess, Games, Fun LEARN.EAT.GROW 3-4 p.m.	19 PHOTOGRAPHY CLUB 1-3:30 p.m.
22 ARTS AND CRAFTS 1-2:30 P.M MINDFULNESS PRACTICE 2:30-3:30 P.M.	23 NO GROUPS	24 STEAM & TECHNOLOGY MUSEUM TRIP! <i>See Ashley for Details and to sign up!</i>	25 LET'S COOK <i>See Ashley for details and to sign-up!</i> LEISURE GROUP 1-3 P.M. Chess, BINGO, Fun	26 COMPUTER + IPAD DROP – IN GROUP! <i>See Ashley for Details!</i>
29 HALLOWEEN MOVIE DAY 1-3 P.M. Popcorn & Pop	30 COFFEE CLUB 1-2 P.M. HEALTHY HEARTS 2-3:30 P.M.	31 HALLOWEEN PARTY! 1-3 p.m. Pizza, pop, games, treats, prizes and more!	FLU SHOT CLINIC THURSDAY OCTOBER 25TH 1:30-3:30 P.M. SIGN-UP AT THE FRONT DESK!	

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