



OCTOBER 2019

Mon.	Tue.	Wed.	Thu.	Fri.
	1 Life Skills: Budgeting 11:00-12:00 PM Coffee Club 1:00-2:00 PM Healthy Hearts 2:00-3:00 PM	2 Singing Group 1:00-2:00 PM Girl Talk 2:00-3:00 PM	3 Leisure Group <i>Chess, Games, Fun</i> 1:00-3:00 PM Anxiety Group w/ Magda 3:00-4:00PM	4 Photography Skills Group 1:00-3:30 PM Ti-Cats Game! See Oksana for Details
7 Mindfulness Practice 11:00-12:00 PM Arts & Crafts: <i>Paint or Make A Birdhouse</i> 1:00-2:30 PM	8 Life Skills: Budgeting 11:00-12:00 PM Coffee Club 1:00-2:00 PM Healthy Hearts 2:00-3:00 PM	9 Current Events 10:00-11:00 AM	10 Let's Cook! See Oksana for Details Leisure Group <i>Chess, BINGO, Fun</i> 1:00-3:00 PM Anxiety Group w/ Magda 3:00-4:00PM	11 Computer & iPad Group 10:30-12:00pm Photography Skills Group 1:00-3:30 PM
14 Thanksgiving HMHO CLOSED	15 Life Skills: Budgeting 11:00-12:00 PM Coffee Club 1:00-2:0 PM Healthy Hearts 2:00-3:00 PM	16 Rec Quest: <i>Games in Gage Park</i> 1:00-3:00 PM Youth Group 4:00-5:30 PM	17 Leisure Group <i>Chess, Games, Fun</i> 1:00-3:00 PM Anxiety Group w/ Magda 3:00-4:00PM	18 Photography Skills Group 1:00-3:30 PM
21 Mindfulness Practice 10:30-11:30 AM Arts & Crafts: <i>Pumpkin Carving</i> 1:00-2:30 PM	22 Life Skills: Budgeting 11:00-12:00 PM Coffee Club 1:00-2:00 PM Healthy Hearts 2:00-3:00 PM	23 Current Events 11:00-12:00 PM Rec Quest: <i>Hike to Tiffany Falls</i> 12:30-3:30 PM	24 Leisure Group <i>Chess, BINGO, Fun</i> 1:00-3:00 PM	25 Computer & iPad Group 10:30-12:00pm Photography Skills Group 1:00-3:30 PM
28 Ask the Expert: Cooking Workshop w/ Mia S. Sign-Up w/ Oksana & For more Details!	29 Coffee Club 1:00-2:00 PM Healthy Hearts 2:00-3:00 PM	30 Rec Quest: <i>Bowling</i> Sign-Up w/ Oksana & For more Details!	31 Halloween Party! 1:00-3:00PM	

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