



JULY 2019

Mon.	Tue.	Wed.	Thu.	Fri.
<p>1</p> <p>CANADA DAY HMHO CLOSED</p>	<p>2</p> <p>COFFEE CLUB 1:00-2:00 PM</p>	<p>3</p> <p>SINGING GROUP 1:00-2:30 PM</p>	<p>4</p> <p>LEISURE GROUP Chess, BINGO, Fun 1:00-3:00 PM</p> <p>DBT GROUP w/ James 3:00-4:00PM</p>	<p>5</p> <p>COMPUTER + IPAD DROP – IN GROUP! 1:00-3:00 PM</p>
<p>8</p> <p>ARTS AND CRAFTS Zentangling 1:00-2:30 PM</p>	<p>9</p> <p>COFFEE CLUB 1:00-2:00 PM</p>	<p>10</p> <p>TRIP: MOVIES SEE OKSANA TO SIGN UP!</p>	<p>11</p> <p>LEISURE GROUP Chess, Games, Fun 1:00-3:00 PM</p> <p>DBT GROUP w/ James 3:00-4:00PM</p>	<p>12</p> <p>PHOTOGRAPHY CLUB 1:00-3:00 PM</p>
<p>15</p> <p>ARTS AND CRAFTS Colouring & Puzzles 1:00-2:30 PM</p> <p>MINDFULNESS 2:30-3:30pm</p>	<p>16</p> <p>TRIP: BOAT CRUISE SEE OKSANA TO SIGN UP!</p>	<p>17</p> <p>CURRENT EVENTS 1:00pm-2:30pm</p>	<p>18</p> <p>LET'S COOK SEE OKSANA TO SIGN UP!</p> <p>LEISURE GROUP Chess, BINGO, Fun 1:00-3:00 PM</p> <p>DBT GROUP w/ James 3:00-4:00PM</p>	<p>19</p> <p>COMPUTER + IPAD DROP-IN GROUP! 1:00-3:00 PM</p>
<p>22</p> <p>ARTS AND CRAFTS Recovery Rocks 1:00-2:30 PM</p>	<p>23</p> <p>TRIP: BOWLING SEE OKSANA FOR DETAILS!</p>	<p>24</p> <p>SKILLS FOR BETTER LIVING: GOAL-SETTING 1:00pm-2:30pm</p>	<p>25</p> <p>LEISURE GROUP Chess, Games, Fun 1:00-3:00 PM</p> <p>DBT GROUP w/ James 3:00-4:00PM</p>	<p>26</p> <p>MOVIE DAY Popcorn & Pop provided 1:00pm-3:00pm</p> <p>TI-CATS GAME SEE OKSANA TO SIGN UP!</p>
<p>29</p> <p>ARTS AND CRAFTS Colouring & Puzzles 1:00-2:30 PM</p> <p>MINDFULNESS 2:30-3:30pm</p>	<p>30</p> <p>COFFEE CLUB 1:00-2:00 PM</p>	<p>31</p> <p>TRIP: HUTCH'S SEE OKSANA TO SIGN UP!</p>		

CONTACT OKSANA TO SIGN-UP– 905-522-9767 ext. 214