



# APRIL 2019

Mon.	Tue.	Wed.	Thu.	Fri.
1 <b>ARTS AND CRAFTS</b> 1-3 P.M.	2 <b>PET VISITING</b> 1-2 P.M.  <b>HEALTHY HEARTS</b> 2-3:30 P.M.	3 <b>COMPUTER + IPAD</b> <b>DROP – IN GROUP!</b>  1-3 P.M.	4 <b>LEISURE GROUP</b> 1-3 P.M. Chess, Games, Fun  <b>WEIGHT MANAGEMENT</b> 3 P.M.	5 <b>PHOTOGRAPHY</b> <b>CLUB</b>  1-3:30 P.M.
8 <b>SINGING GROUP</b> 1-2:30 P.M.  <b>GIRL TALK</b> 2:30 P.M.	9 <b>COFFEE CLUB</b> 1-2 P.M.  <b>HEALTHY HEARTS</b> 2-3:30 P.M.	10  <b>NO GROUPS</b>	11 <b>LEISURE GROUP</b> 1-3 P.M. Chess, BINGO, Fun  <b>WEIGHT MANAGEMENT</b> 3 P.M.	12 <b>MINDFULNESS</b> <b>WORKSHOP</b>  1 P.M.
15 <b>ARTS AND CRAFTS</b> 1-2:30 P.M.  <b>MINDFULNESS</b> 2:30 P.M.	16 <b>COFFEE CLUB</b> 1-2 P.M.  <b>HEALTHY HEARTS</b> 2-3:30 P.M.	17 <b>TRIP PLANNING</b> <b>MEETING</b> 1 P.M. TREATS AND REFRESHMENTS!	18  <b>WEIGHT MANAGEMENT</b> 3 P.M.	19 <b>GOOD FRIDAY</b>  <b>HMHO CLOSED</b>
22 <b>EASTER MONDAY</b>  <b>HMHO CLOSED</b>	23 <b>COFFEE CLUB</b> 1-2 P.M.  <b>HEALTHY HEARTS</b> 2-3:30 P.M.	24 <b>BOWLING TRIP</b>  <b>SEE ASHLEY FOR DETAILS</b> <b>AND TO SIGN UP</b>  <b>COMPUTER + IPAD</b> <b>DROP – IN GROUP!</b>  1-3 P.M.	25 <b>LET'S COOK</b> <i>See Ashley for details and to sign up!</i>  <b>LEISURE GROUP</b> 1-3 P.M. Chess, BINGO, Fun  <b>WEIGHT MANAGEMENT</b> 3 P.M.	26 <b>MOVIE DAY</b> 1-3 P.M.  Popcorn & Pop
29 <b>ARTS AND CRAFTS</b> 1-2:30 P.M.  <b>MINDFULNESS</b> 2:30 P.M.	30 <b>COFFEE CLUB</b> 1-2 P.M.  <b>HEALTHY HEARTS</b> 2-3:30 P.M.			

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