



SEPTEMBER 2019

Mon.	Tue.	Wed.	Thu.	Fri.
2 LABOUR DAY HMHO CLOSED	3 Life Skills: Budgeting 11:00-12:00 PM Coffee Club 1:00-2:00 PM Healthy Hearts 2:00-3:00 PM	4 Current Events 11:00-12:00 PM Leisure Quest 1:00-3:00 PM Youth Group 4:00-5:30 PM	5 Leisure Group <i>Chess, Games, Fun</i> 1:00-3:00 PM	6 Computer & iPad Drop-In Group 10:30-12:00pm PIZZA PARTY! 1:00-3:00pm
9 Mindfulness Practice 11:00-12:00 PM Arts & Crafts: <i>Clay Jewelry Bowls</i> 1:00-2:30 PM	10 Life Skills: Budgeting 11:00-12:00 PM Coffee Club 1:00-2:00 PM Healthy Hearts 2:00-3:00 PM	11 Singing Group 11:00-12:00 PM Leisure Quest 1:00-3:00 PM	12 Let's Cook! See Oksana for Details Leisure Group <i>Chess, BINGO, Fun</i> 1:00-3:00 PM Anxiety Group w/ Magda 3:00-4:00 PM	13 Photography Skills Group 1:00-3:30 PM
16 Mindfulness Practice 11:00-12:00 PM	17 Life Skills: Budgeting 11:00-12:00 PM Coffee Club 1:00-2:00 PM Healthy Hearts 2:00-3:00 PM	18 Leisure Quest 1:00-3:00 PM	19 Leisure Group <i>Chess, Games, Fun</i> 1:00-3:00 PM Anxiety Group w/ Magda 3:00-4:00 PM	20 Computer & iPad Drop-In Group 10:30-12:00pm Photography Skills Group 1:00-3:30 PM
23 Mindfulness Practice 11:00-12:00 PM Arts & Crafts: <i>Birdseed Ornaments</i> 1:00-2:30 PM	24 Life Skills: Budgeting 11:00-12:00 PM Coffee Club 1:00-2:00 PM Healthy Hearts 2:00-3:00 PM	25 TRIP: Williams Cafe See Oksana for Details Leisure Quest 1:00-3:00 PM	26 Leisure Group <i>Chess, BINGO, Fun</i> 1:00-3:00 PM Anxiety Group w/ Magda 3:00-4:00PM	27 Photography Skills Group 1:00-3:30 PM
30 Mindfulness Practice 11:00-12:00 PM Ask the Expert: <i>Wreath-Making Workshop w/ Marie</i> 1:00-2:30 PM				

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