



# JANUARY 2019

Mon.	Tue.	Wed.	Thu.	Fri.
	1 <b>NEW YEAR'S DAY</b> <b>HMHO CLOSED</b>	2 <b>COFFEE CLUB</b> 1-2 P.M.	3 <b>LEISURE GROUP</b> 1-3 P.M. Chess, BINGO, Fun  <b>MINDFULNESS</b> 3 P.M.	4 <b>NO GROUPS</b>
7 <b>ARTS AND CRAFTS</b> 1-3P.M	8 <b>COFFEE CLUB</b> 1-2 P.M.  <b>HEALTHY HEARTS</b> 2-3:30 P.M.	9 <b>COFFEE TRIP 1-2 P.M.</b>  <i>Meet at HMHO for 1 P.M</i>	10 <b>LEISURE GROUP</b> 1-3 P.M. Chess, Games, Fun	11 <b>PHOTOGRAPHY CLUB</b>  1-3:30 P.M.
14 <b>SINGING GROUP</b> 1-2:30 P.M.  <b>GIRL TALK</b> 2:30-3:30 P.M.	15 <b>COFFEE CLUB</b> 1-2 P.M.  <b>HEALTHY HEARTS</b> 2-3:30 P.M.	16 <b>NO GROUPS</b>	17 <b>LEISURE GROUP</b> 1-3 P.M. Chess, BINGO, Fun  <b>MINDFULNESS</b> 3 P.M.	18 <b>MOVIE DAY</b> 1-3 P.M.  Popcorn & Pop
21 <b>ARTS AND CRAFTS</b> 1-3P.M	22 <b>COFFEE CLUB</b> 1-2 P.M.  <b>HEALTHY HEARTS</b> 2-3:30 P.M.	23 <b>COFFEE TRIP 1-2 P.M.</b>  <i>Meet at HMHO for 1 P.M</i>	24 <b>LEISURE GROUP</b> 1-3 P.M. Chess, Games, Fun	25 <b>COMPUTER + IPAD DROP – IN GROUP!</b>  <i>See Ashley for details and to sign up!</i>
28 <b>ARTS AND CRAFTS</b> 1-2:30 P.M.  <b>MINDFULNESS</b> 2:30 P.M.	29 <b>COFFEE CLUB</b> 1-2 P.M.  <b>HEALTHY HEARTS</b> 2-3:30 P.M.	30 <b>NO GROUPS</b>	31 <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	

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