


Mental Health Drop In Clinic
Every Tuesday 1-3pm

Loft Hours:
Monday-Friday 10am-4pm unless
otherwise stated

September 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Closed Labour Day	3 Drop- In 10-4	4 Cesar Wraps lunch Afternoon walk 1:30	5 Around town shop 10:30-12 Loft open 1pm	6 Mini Pedis 1-4 \$10 Hair Cuts 1-4 \$5	7
8 CMHA Camp week ➔	9 Corner Chat 1pm	10 The Best You Group 1pm	11 Closed	12 Chicken Noodle Soup lunch \$2	13 Movie Afternoon 1-3	14
15	16 Clothing Grab @ The Team 1pm	17 Chair Exercises 11am Corner Chat 1pm	18 Loft closed African Lion Safari Leave 9am	19 Ashanti Coffee 10:30	20 Fall Craft 1-3	21
22 	23 Euchre Tourney 1-4 Fall Begins	24 Mental Health Play@ P & H Center 2-3:30 Sign up	25 Therapy Dogs 10:30 BBQ Lunch Art with Kelly 1-3	26 October Plan 11am Swim-Aqua Motion 3-3:45	27 Loft Brunch 10:30am \$2	28
29	30 Corner Chat 1pm					