



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---|---|---|--|---|--|-----------|--|
| <u>1</u> |  | <u>3</u> 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program <i>*Hot Chicken Platter</i> | <u>4</u> 5:00 pm Meal Program <i>*Braised Pork</i> | <u>5</u> 1:30 pm Sip & Stitch 1:30 pm Sit & Paint <i>1:30 pm Grief Support</i> | <u>6</u> 1:00 pm Bingo 5:00 pm Meal Program <i>*Chicken Cordon Blue</i> 7:15 pm Crib Night | <u>7</u> | |
| <u>8</u> | <u>9</u> | <u>10</u> 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program <i>*Roast Pork</i> 7:00 pm Family Support ...for family & friends of individuals who have mental illness. | <u>11</u> 5:00 pm Meal Program <i>*Baked Fish</i> | <u>12</u> 1:30 pm Sit & Paint 1:30 pm Sip & Stitch | <u>13</u> 1:00 pm Bingo 5:00 pm Meal Program <i>*Pulled Pork</i> 7:15 pm Crib Night | <u>14</u> | |
| <u>15</u> Pancake Brunch 10:00am-1:00 pm  | <u>16</u> <i>7:00 pm Mood Disorder Support</i> | <u>17</u> 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program <i>*Liver & Onions</i> | <u>18</u> <i>Dinner & Movie "Murder on the Orient Express"</i> <i>Dinner 5:00 Movie 6:15</i> | <u>19</u> 1:30 pm Sip & Stitch 1:30 pm Sit & Paint | <u>20</u> 1:00 pm Bingo 5:00 pm Meal Program <i>*Fried Chicken</i> 7:15 pm Crib Night | <u>21</u> | |
| <u>22</u> | <u>23</u> | <u>24</u> 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program <i>*Baked Ham</i> | <u>25</u> 5:00 pm Meal Program <i>*Roast Beef</i> | <u>26</u> 1:30 pm Sit & Paint 1:30 pm Sip & Stitch | <u>27</u> 1:00 pm Bingo 5:00 pm Meal Program <i>*Lasagna</i> 7:15 pm Crib Night | <u>28</u> | |
| <u>29</u> | <u>30</u> | <u>31</u> 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program <i>*Veal Cutlets</i> | <i>Our programs slow down over the summer and the Centre is pretty quiet. Please pop in for coffee, a chat, work on the puzzle or just say hi!</i> | | | | |