


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>SUNDAY BINGO RETURNS SEPTEMBER 8</i></p>		<p><u>2</u> 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program</p>	<p><u>3</u> 10:00 am Self lead exercises 5:00 pm Meal Program <i>FREE COFFEE ALL DAY</i></p>	<p><u>4</u> 9:00 am Qi Gong 1:00 pm Grief Support 1:30 pm Sip & Stitch</p>	<p><u>5</u> 1:00 pm Bingo 5:00 pm Meal Program</p>	<p><u>6</u></p>
<p><u>7</u></p>	<p><u>8</u> 9:00 am Qi Gong</p>	<p><u>9</u> 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program</p>	<p><u>10</u> 10:00 am Self lead exercises 5:00 pm Meal Program 7:00 pm Family Support <i>...for family & friends of individuals who have mental illness.</i> <i>FREE COFFEE ALL DAY</i></p>	<p><u>11</u> 9:00 am Qi Gong 1:30 pm Sip & Stitch</p>	<p><u>12</u> 1:00 pm Bingo 5:00 pm Meal Program</p>	<p><u>13</u></p>
<p><u>14</u></p>	<p><u>15</u> 9:00 am Qi Gong 7:00 pm Mood Disorder Support</p>	<p><u>16</u> 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program</p>	<p><u>17</u> 10:00 am Self lead exercises 5:00 pm Meal Program <i>Dinner & Movie</i> <i>"A Dog's Way Home"</i> <i>Dinner 5:00 Movie 6:15</i> <i>FREE COFFEE ALL DAY</i></p>	<p><u>18</u> 9:00 am Qi Gong 1:30 pm Sip & Stitch</p>	<p><u>19</u> 1:00 pm Bingo 5:00 pm Meal Program</p>	<p><u>20</u></p>
<p><u>21</u> <i>Pancake Brunch</i> <i>10:00am</i> <i>to</i> <i>1:00pm</i></p>	<p><u>22</u> 9:00 am Qi Gong</p>	<p><u>23</u> 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program</p>	<p><u>24</u> 10:00 am Self lead exercises 5:00 pm Meal Program <i>FREE COFFEE ALL DAY</i></p>	<p><u>25</u> 9:00 am Qi Gong 1:30 pm Sip & Stitch</p>	<p><u>26</u> 1:00 pm Bingo 5:00 pm Meal Program</p>	<p><u>27</u></p>
<p><u>28</u></p>	<p><u>29</u> 9:00 am Qi Gong</p>	<p><u>30</u> 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program</p>	<p><u>31</u> 10:00 am Self lead exercises 5:00 pm Meal Program <i>FREE COFFEE ALL DAY</i></p>	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><i>Our programs slow down over the summer and the Centre is pretty quiet.</i></p> <p><i>Please pop in for coffee, a chat, work on the puzzle or just say hi!</i></p> </div>		