

NOVEMBER 2023 PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	01 Awesome Music Hour 4:00-5:00pm	02 Movie Night 1:00-3:00pm	03 Nacho Night 3:00-5:30pm	04
05 	06 Bracelet Making 1:00-3:00pm CMHA Virtual Trivia 4:00-5:00pm	07 Movie Night 3:00-5:00pm 	08 Awesome Music Hour 4:00-5:00pm	09 Games Night 1:00-3:00pm YAC Meeting 4:30-5:30pm	10 Paint and Sip 4:00-5:30pm 	11
12	13 Nail Painting/Spa Day 1:00-3:00pm	14 The Grove Trivia 4:00-5:00pm 	15 Awesome Music Hour 4:00-5:00pm 	16 Movie Night 1:00-3:00pm	17 Caramel Dessert Cups 3:00-5:30pm	18
19 	20 Warm Drink Making 1:00-3:00pm CMHA Virtual Trivia 4:00-5:00pm	21 Chillax and Snax 3:00-5:00pm 	22 Awesome Music Hour 4:00-5:00pm	23 Games Night 1:00-3:00pm	24 Candle Painting 3:00-5:30pm 	25
26 	27 Macrame Leaves/ Feather Making 1:00-3:00pm 	28 Concurrent Game Night 3:00-5:00pm	29 Indoor S'mores 3:00-4:00pm 	30 Movie Night 1:00-3:00pm	01	02

Supports available for walk-in or appointment:

- Primary care/Nurse Practitioner
- Addiction Support
- Mental Health Clinician

Supports available daily:

- Peer Support 1pm-6pm
- Wellness Team Services 1pm-6pm