




NOVEMBER 2023 PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	01 Paint and Sip 4:00-5:30pm 	02	03	04
05	06 CMHA Virtual Trivia 4:00-5:00pm 	07 	08 Bird Feeder Making/ Painting 4:00-5:30pm	09 Concurrent Game Night 4:00-5:00pm	10	11
12	13 Chillax and Snax 4:30-5:30pm	14 The Grove Hubs Trivia 4:00-5:00pm	15 Henna Night 4:30-6:00pm 	16	17	18
19 	20 CMHA Virtual Trivia 4:00-5:00pm Therapy Dog 5:00-6:00pm 	21 	22 Themed Movie Night 4:00-6:00pm	23	24	25
26 	27 Cooking Programming with Claire 4:00-6:00pm	28	29 Apple Crumble 4:00-6:00pm 	30	01	02

Supports available for walk-in or appointment:

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

Supports available daily:

- Peer Support 11am-6pm
- Wellness Team Services 11am-6pm