

# OCTOBER 2025 PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01 <b>Board Game Night</b> 4-5pm	 02 <b>Grilled Cheese + Tomato Soup Lunch</b> 11:45am-12:30pm	03 <b>Chocolate Covered Pretzels</b> 4-5pm	04
05	06 <b>Chill &amp; Chat with Public Health</b> 11am-1pm 	07 <b>Tutoring with Tara</b> 3-5pm	08 <b>Uno Tournament</b> 4-5pm <b>Tutoring with Tara</b> 2-5pm	09 <b>Fall Painting</b> 4pm-5pm 	10 <b>World Mental Health Day</b> <b>Positive Affirmation Wall</b> 	
12	13 <b>CLOSED</b> 	14 <b>Tutoring with Tara</b> 3-5pm	15 <b>Pronoun Button/Bracelet Making</b> 4-5pm <b>Tutoring with Tara</b> 2-5pm	16 <b>Halloween Oobleck</b> 4pm-5pm 	17 <b>Mario Kart Tournament</b> 4-5pm	18
19	20 <b>Chill &amp; Chat with Public Health</b> 11am-1pm	21 <b>Tutoring with Tara</b> 3-5pm 	22 <b>Smash Bros Tournament</b> 4-5pm <b>Tutoring with Tara</b> 2-5pm	23 <b>Pumpkin Painting</b> 4pm-5pm	24 <b>Candy Apple Bar at Lunch</b> 11:45am-12:30pm 	25 
26 	27 <b>Trivia at Lunch</b> 11:45am-12:30pm <b>Halloween Movie Marathon</b> 4pm-6pm	28 <b>Tutoring with Tara</b> 3-5pm <b>Halloween Movie Marathon</b> 4pm-6pm	29 <b>Tutoring with Tara</b> 2-5pm <b>Halloween Movie Marathon</b> 4pm-6pm	30 <b>Halloween Movie Marathon</b> 4pm-6pm	31 <b>Mini Pizzas</b> 4pm-5pm <b>Halloween Movie Marathon</b> 4pm-6pm	01

## Supports 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

## Contact at:

- [www.thegrovehubs.ca](http://www.thegrovehubs.ca)
- 519-580-0010
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