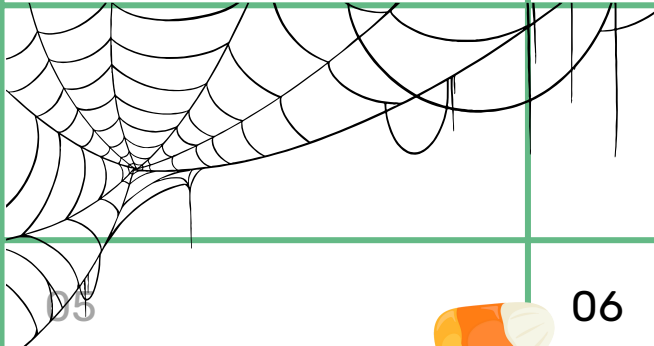
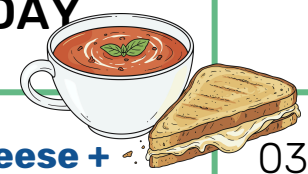
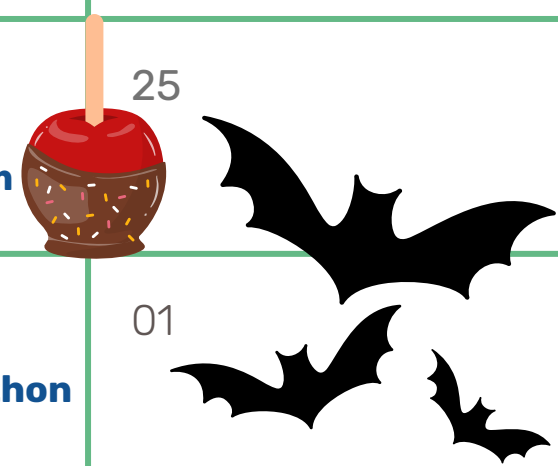


OCTOBER 2025 PROGRAMMING

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

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- @thegrovehubs.palmerston