



JULY 2024 PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	01 Canada Day (Hub Closed) 	02 Art with Christine 3:00-5:00pm 	03 Chillax and Snax 1:00-3:00pm	04 Awesome Music Hour 12:15-1:15pm Plant Pot Painting 1:00-2:00pm 	05 Vision Boards 12:00-1:00pm	06 Hijri New Year
07	08 Out and About 1:00-2:00pm	09 Art with Christine 3:00-5:00pm	10 Bob Ross Painting 1:00-3:00pm	11 Awesome Music Hour 12:15-1:15pm Concurrent Movie Night 3:00-5:00pm 	12 Tie Dye Totes 1:00-2:00pm 	13
14 International Non-Binary Day	15 Spill the Tea 2:00-3:00pm Spa Day 12:00-1:00pm	16 Ashura (Sundown) Cake and Consent 2:00-3:00pm Art with Christine 3:00-5:00pm 	17 Sensory Jars 2:00-3:00pm Safe Sisters 3:30-4:30pm	18 Nelson Mandela Day Awesome Music Hour 12:15-1:15pm How to Build a Routine 2:00-3:00pm	19 Love Yourself/Body Positivity 2:00-3:00pm	20
21 Asalha Puja	22 Out and About 1:00-2:00pm No Bake Cheesecake 2:00-3:00pm 	23 Art with Christine 3:00-5:00pm	24 International Self-Care Day Dorito Bag Tacos 2:00-3:00pm 	25 Awesome Music Hour 12:15-1:15pm Super Smash Bros 4:00-5:00pm	26 DIY Stress Balls 1:00-2:00pm	27 
28 	29 Mindfulness Bingo 3:00-4:00pm 	30 International Day of Friendship Art with Christine 3:00-5:00pm	31 Ice cream Sundaes 2:00-3:00pm	01	02 	
Supports available for walk-in or appointment: <ul style="list-style-type: none"> Addiction Support Mental Health Clinician 				Supports available daily: <ul style="list-style-type: none"> Peer Support 11am-5pm Wellness Team Services 11am-5pm 		