

# CMHA ELGIN OCTOBER 2024 CALENDAR

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Stephen 519-280-0814  
Colleen 519-902-0961  
Melisa 226-268-4610  
Tony 519-854-6323  
Mike 226-577-3621

**Talbot House Time 9-12 1**  
Aquafit 1045am  
Diamond Art 1pm

**Talbot House Time 9-12 2**  
Mindful Hike 10am  
Scenic Drive 1pm

**Talbot House Time 9-12 3**  
Get Up Get Moving 10am  
Creativity Matters 130pm

**Talbot House Time 9-2 4**  
Peer Support 9-12  
Variety Friday  
Soups On 10am

**Talbot House Time 9-2 7**  
Peer Support 9-12  
Sweet Treats 10am  
Around the World 1pm

**Talbot House Time 9-12 8**  
Aquafit 1045am  
Bowling 1pm

**Talbot House Time 9-12 9**  
Accepting Who You Are  
Workshop 1pm

**Talbot House Time 9-12 10**  
Get Up Get Moving 10am  
Creativity Matters 130pm

**Talbot House Time 9-2 11**  
Peer Support 9-12  
Variety Friday  
Soups On 10am

**CENTRE  
CLOSED**

**Talbot House Time 9-12 14**  
Aquafit 1045am  
Diamond Art 1pm

**Talbot House Time 9-12 16**  
Scenic Drive 1pm

**Talbot House Time 9-12 17**  
Get Up Get Moving 10am  
Creativity Matters 130pm

**Talbot House Time 9-2 18**  
Peer Support 9-12  
Variety Friday  
Soups On 10am

**Talbot House Time 9-2 21**  
Peer Support 9-12  
Sweet Treats 10am  
Music Appreciation 1pm

**Talbot House Time 9-12 22**  
Aquafit 1045am  
Bowling 1pm

**Talbot House Time 9-12 23**  
The Power of Laughter  
Workshop 1pm

**Talbot House Time 9-12 24**  
Get Up Get Moving 10am  
Creativity Matters 130pm

**Talbot House Time 9-2 25**  
Peer Support 9-12  
Variety Friday  
Soups On 10am

**Talbot House Time 9-2 28**  
Peer Support 9-12  
Sweet Treats 10am  
Around the World 1pm

**Talbot House Time 9-12 29**  
Aquafit 1045am  
Diamond Art 1pm

**Halloween Party 30**  
10--2pm

**Talbot House Time 9-12 31**  
Get Up Get Moving 10am  
Creativity Matters 130pm

Friday Oct 4th  
**STARS**  
Friday Oct 25th