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| **Community Wellness****STRATHROY** | **October** |  |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|  | **1.****Lunch Program 12:00-1:00pm****Shuffleboard 1:00-2:30pm** | **2.****Documentary****Day****1:30-3:30pm** | **3.****No Men’s Group****Lunch Program** **12:00-1:00pm****Chardinary 1:00-2:30pm** | **4.****Art Program****12:00-2:30pm**  |
| **7.****Hike at St. Claire Conservation area****1:30-3:30pm** | **8.****Chair yoga 10:30-11:30am****Lunch Program 12:00-1:00pm****Shuffleboard 1:00-2:30pm** | **9.****Documentary****Day****1:30-3:30pm** | **10.****Men’s Group****10:00-12:00****Thanksgiving Feast** **12:00-1:00pm****Karaoke****1:00-2:30pm** | **11.****No Program** |
| **14.****Site Closed** **For** **Thanks Giving** | ***15.*****Chair yoga 10:30-11:30am****Lunch Program 12:00-1:00pm****Shuffleboard 1:00-2:30pm*****Foot care (By registration only)*** | **16.****No Program** | **17.****Men’s Group****10:00-12:00****Lunch Program** **12:00-1:00pm****Jeopardy 1:00-2:30pm** | **18.****Art Program****12:00-2:30pm**  |
| **21****Hike at Cold Stream Conservation Area****1:30-3:30pm** | ***22.*****Chair yoga 10:30-11:30am****Lunch Program 12:00-1:00pm****Shuffleboard 1:00-2:30pm** | **23.’****Documentary****Day****1:30-3:30pm** | **24.****No Men’s Group****Lunch Program****12:00-1:00pm****Bingo 1:00-2:30pm** | **25.****No Program** |
| **28.****DBT at a Glance; Topic** **Distress Tolerance****10:00am-12:00pm****Hike at Clark Wright Conservation Area 1:30-3:30pm** | **29.****Chair yoga 10:30-11:30am****Lunch Program 12:00-1:00****Shuffleboard 1:00-2:30pm** | **30.****Documentary****Day****10:00am-12:00pm** | **31.****No Men’s Group****Lunch Program****12:00-1:00pm****Halloween Party****1:00-2:30pm** |  |

**All Community Wellness Programs are by registration only- Please call 519-245-0120 ext. 3241**