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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**