





Community Wellness
STRATHROY

September



Canadian Mental Health Association
Thames Valley
Addiction and Mental Health Services

Association canadienne pour la santé mentale
Thames Valley
Services de santé mentale et de traitement des dépendances

Monday	Tuesday	Wednesday	Thursday	Friday
2. Site Closed for Labour Day	3. Lunch Program 12:00-1:00pm Shuffleboard 1:00-2:30pm	4. Gardening 10:00-11:00am Documentary Day 1:30-3:30pm	5. Men's Group 10:00-12:00 Lunch Program 12:00-1:00pm Chardinary 1:00-2:30pm	6. Art Program 12:00-2:30pm
9. Board Games 1:30-3:30pm	10. Lunch Program 12:00-1:00pm Shuffleboard 1:00-2:30pm	11. Gardening 10:00-11:00am Documentary Day 1:30-3:30pm	12 Men's Group 10:00-12:00 Lunch Program 12:00-1:00pm Bingo 1:00-2:30pm	13 Art Program 12:00-2:30pm
16 Hike at Longwoods Conservation area 12:30-3:30	17 Lunch Program 12:00-1:00pm Shuffleboard 1:00-2:30pm Foot care By registration	18 No Programs	19. Men's Group 10:00-12:00 Lunch Program 12:00-1:00pm Jeopardy 1:00-2:30pm	20 Art Program Trip 10:00am-3:00pm
23 Hike at Westminister Ponds 12:30-3:30pm	24. Lunch Program 12:00-1:00pm Shuffleboard 1:00-2:30pm	25. Garden Clean Up 1:00-3:00pm	26. No Men's Group Lunch Program 12:00-1:00pm Chardinary 1:00-2:30pm	27 Art Program 12:00-2:30pm
30. Site closed For Truth and Reconciliation Day				

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