



OCTOBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Social Stroll 9:30-10:30am Coffee Social 10am-1pm Crafting 1:30-3:30pm	2 Hospitals to Home 4-5:30pm (Closed Group)	3 Building a Healthy Self-Esteem 1-2:30pm	4
7 Shower Hour 10-11:30am Wellness Social 1-2:30pm 📍 Ingersoll	8 Social Stroll 9:30-10:30am Coffee Social 10am-1pm Crafting 1:30-3:30pm	9 Hospitals to Home 4-5:30pm (Closed Group)	10 Building a Healthy Self-Esteem 1-2:30pm	11
14 Office is Closed 	15 Social Stroll 9:30-10:30am Coffee Social 10am-1pm Crafting 1:30-3:30pm	16 Hospitals to Home 4-5:30pm (Closed Group)	17 Building a Healthy Self-Esteem 1-2:30pm 📍 Tillsonburg Wellness Social 10-11am	18 Mindful Photography 11am-12:30pm
21 Shower Hour 10:11:30am Wellness Social 1-2:30pm 📍 Ingersoll	22 Social Stroll 9:30-10:30am Coffee Social 10am-1pm Crafting 1:30-3:30pm	23 Hospitals to Home 4-5:30pm (Closed Group)	24 Building a Healthy Self-Esteem 1-2:30pm	25 Mindful Photography 11am-12:30pm
28 Shower Hour 10:11:30am Wellness Social 1-2:30pm 📍 Ingersoll	29 Social Stroll 9:30-10:30am Coffee Social 10am-1pm Crafting 1:30-3:30pm	30 Hospitals to Home 4-5:30pm (Closed Group)	31  Building a Healthy Self-Esteem 1-2:30pm	

