

Monday	Tuesday	Wednesday	Thursday	Friday
			.	1. ART PROGRAM 12:00-2:30PM
4. Board games 1:00-3:00pm	5. Chair yoga 10:30-11:30am Lunch Program 12:00-1:00pm Shuffleboard 1:00-2:30pm	6. Documentary Day 1:30-3:30pm	7. No Men's Group Lunch Program 12:00-1:00pm Chardinary 1:00-2:30am	8. ART PROGRAM 12:00-2:30PM
11. Board games 1:00-3:00pm	12. Chair yoga 10:30-11:30am Lunch Program 12:00-1:00pm Shuffleboard 1:00-2:30pm	13.. Documentary Day 1:30-3:30pm	14. Men's Group 10:00-12:00 Lunch Program 12:00-1:00pm Bingo 1:00-2:30pm	15. ART PROGRAM 12:00-2:30PM
18 Board games 1:00-3:00pm	19. Chair yoga 10:30-11:30am Lunch Program 12:00-1:00pm Shuffleboard 1:00-2:30pm	20 <b>No Programs</b>	21 Men's Group 10:00-12:00 Lunch Program 12:00-1:00pm Jeopardy 1:00-2:30pm	22. ART PROGRAM 12:00-2:30PM
25 DBT at a Glance; Topic Distress Tolerance 10:00am-12:00pm Board games 1:30-3:30pm	26 Chair yoga 10:30-11:30am Lunch Program 12:00-1:00 Shuffleboard 1:00-2:30pm	27 Documentary Day 1:00-3:00pm	28 Men's Group 10:00-12:00 Lunch Program 12:00-1:00pm Chardinary 1:00-2:30am	29. ART PROGRAM 12:00-2:30PM

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