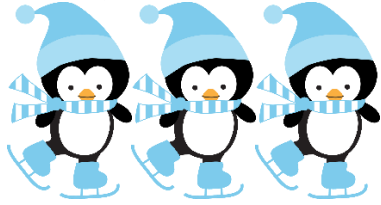


Community Wellness – STRATHROY



2025



Canadian Mental Health Association
Thames Valley
Addiction and Mental Health Services

Monday	Tuesday	Wednesday	Thursday	Friday
		1. Site Closed	2. No Men's Group Lunch Program 12:00-1:00pm Heads Up 1:00-2:30pm	3. No Art Program
6. Board Games & Cards 1:00-3:00	7. Lunch Program 12:00-1:00 Shuffleboard 1:00-2:30pm	8. Documentary Day 1:30-3:30pm	9. Men's Group 10:00-12:00pm Lunch Program 12:00-1:00pm Bingo 1:00-2:30pm	10. Art Program 12:00-2:30pm
13. Board Games & Cards 1:00-3:00	14. Lunch Program 12:00-1:00 Shuffleboard 1:00-2:30pm	15. No program	16. Men's Group 10:00-12:00pm Lunch Program 12:00-1:00pm Charadinary 1:00-2:30pm	17. No Art Program
20. Board Games & Cards 1:00-3:00	21. Lunch Program 12:00-1:00 Shuffleboard 1:00-2:30pm	22. Documentary Day 1:30-3:30pm	23. No Men's Group Lunch Program 12:00-1:00pm Hawaiian Luau 1:00-2:30pm	24. Art Program 12:00-2:30pm
27. Board Games & Cards 1:00-3:00	28. Coping Skills Workshop 10:00-11:30pm Lunch Program 12:00-1:00 Shuffleboard 1:00-2:30pm	29. Documentary Day 1:30-3:30pm	30. Men's Group 10:00-12:00pm Lunch Program 12:00-1:00pm Jeopardy 1:00-2:30pm	31. Art Program 12:00-2:30pm

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