

JANUARY 2025 PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	01 CLOSED	02 CLOSED	03 CLOSED	04
05	06	07 Nail Painting 4:00-5:00pm 	08 Colour and Chill 4-6:00pm 	09 Warm Drink Making 3-5pm 	10	11
12	13 Out n About 4:00-5:00pm 	14 Movie Night 4-5:30 	15 Mini Pizza Making 4-5:00 	16 Chillax n Snax 3-4:00	17	18
19	20 	21 Cookie Decorating 3-4:00 	22 Super Smash Bros Tournament 4-5:30	23 Bracelet Making 4-5:00 	24	25
26	27 Out n About 4:00-5:00pm	28 Shrinky Dinks 4-5:00 	29 Yogurt parfaits 4:00 - 5:00pm 	30 Board Games Tournament 3-4:00 	31	01

Supports available for walk-in or appointment:

- Primary care/Nurse Practitioner
- Addiction Support
- Mental Health Clinician

Supports available daily:

- Peer Support 11am-6pm
- Wellness Team Services 11am-6pm