












# November

EVENING SOCIAL RECREATION REHABILITATION PROGRAM  
*a program of the Canadian Mental Health Association*

Tuesday	Wednesday	Thursday	Friday
CENTRAL MEMORIAL REC. CENTRE 93 West Ave. S	RYERSON CHURCH 842 Main St. E	CENTRAL MEMORIAL REC. CENTRE 93 West Ave. S.	RYERSON CHURCH 842 Main St. E
6:00 to 8:00 pm	6:00 to 8:00 pm	6:00 to 8:00 pm	6:00 to 8:00 pm
			1. <b>Art Gallery of Hamilton</b>  123 King St. West.
5. <b>Pictionary</b> 	6. <b>Pallet Coaster</b> 	7. <b>Fruit Salad Party</b> 	8. <b>Open Mic / Lip Sync Battles!</b> 
12. <b>Comedy Movie Night!</b> 	13. <b>Mall Walk</b>  <i>James &amp; King St.</i>	14. <b>Coffee &amp; Chats</b> 	15.  <b>No Program</b>
19. <b>Taco Tuesday!</b> 	20. <b>Cards &amp; Chats</b> 	21. <b>Mindfulness Coloring!</b> 	22. <b>Bingo Night!</b> 
26. <b>Hot Chocolate Night!</b> 	27. <b>Name that Tune</b> 	28. <b>Yogurt Parfait Treat Night</b> 	29. <b>Game Night!</b> 

		BARTON							
		CANNON		□					
JOHN	WELLINGTON	VICTORIA	WENTWORTH	SANFORD	SHERMAN	GARFIELD	FAIRHOLT	BARNESDALE	
		KING							
		MAIN							
	JACKSON	WEST WEST AVE.				BLAKE	ASHFORD	□ B	SPRINGER
	HUNTER								
	□ X		□ C						
	YOUNG	STINSON					MAPLEWOOD		

## THE EVENING SOCIAL RECREATION REHABILITATION PROGRAM

- C**    **Tuesday**            **Central Memorial**  
**6:00-8:00pm**            **93 West Ave. S.**
- B**    **Wednesday**            **Ryerson Church**  
**6:00-8:00pm**            **842 Main Street. E.**
- C**    **Thursday**                **Central Memorial**  
**6:00-8:00pm**            **93 West Ave. S.**
- B**    **Friday**                    **Ryerson Church**  
**6:00-8:00pm**            **842 Main Street. E.**
- X**    **Canadian Mental Health Association**  
**131 John St. S**  
**(905) 521-0090**