

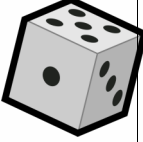














October

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 Coffee & Chats 	2 Motivational Painting 	3. Coffee & Game Night 	4 Mindfulness Coloring 
8 D.I.Y Zen Garden 	9 Open Mic / Lip Sync Battle 	10 Thanksgiving Craft 	11 Fall Walk! <i>Gage & Main; 5:30pm</i>
15 Painting Kindness Rocks 	16 Walk to Hide Kindness Rocks <i>Main & Gage; 5:30</i>	17 Cards & Coffee 	18 Bingo Night! 
22 Monster Movie Trivia! TRIVIA	23 D.I.Y Halloween Wreaths 	24 SPOOKY MOVIE NIGHT! 	25 HALLOWEEN DANCE! <i>Ryerson Church: Ticket holders only.</i>
29 Baking Cupcakes 	30. D.I.Y Key Chains 	31 Happy Halloween! Decorating Halloween Cupcakes 	 United Way Halton & Hamilton
NEED MORE INFORMATION? CALL 521-0090 x 265 MONDAY TO FRIDAY			

		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