

December

EVENING SOCIAL RECREATION REHABILITATION PROGRAM

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
3. Card Night! 	4. Painting! 	5. D.I.Y Holiday Ornaments 	6. Client Holiday Party! Ticket Holders Only! 
10. Holiday Trivia 	11. Holiday Lights Trip —Ticket Holders Only— Meet at 5:15PM at CMHA Office!	12. Baking Holiday Cookies 	13. Open Mic / Lip Sync Battle 
17. D.I.Y Holiday Cards 	18. Mindfulness Coloring 	19. Holiday Movie Night! 	20. BINGO Night! 
24. Holiday Music & Hot Chocolate Treat Meet at CMHA at 1p.m. No Evening Program.	25. No Program	26. No Program	27. No Program
31. No Program			

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
	HUNTER							SPRINGER
	□ 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