

February

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
5:30 to 7:00 pm	5:30 to 7:00 pm	5:30 to 7:00 pm	5:30 to 7:00 pm
4. D.I.Y Valentine's Gift Making 	5. ART NIGHT 	6. 50 Things I love 	7. Valentine's Day DANCE  6:00p.m. – 8:30p.m. —Ticket Holders Only!
11. Movie Night Romantic Comedy 	12. Nacho dip & Hamilton Trivia 	13. Cards & Coffee 	14. Valentine's Day Drop in Social  Come out for some Valentine's day treats & socialization with friends
18. Karaoke Night At Central! 	19. Brainstorming Night!  Will be discussing code of conduct rules and brainstorming program ideas!	20. Flip Cup Tournament! 	21. Mindfulness Coloring 
25. D.I.Y Stress Balls 	26. High Tea Night!  Come, let us have tea and talk about happy things	27. Game Night! 	28. Bingo Night!  Doors open at 6:00PM
 United Way Halton & Hamilton		HAMILTON COMMUNITY FOUNDATION	BE THE REASON SOMEONE SMILES TODAY
<p>NEED MORE INFORMATION? Call 905-521-0090 x 265 MONDAY TO FRIDAY!</p>			

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

THE EVENING SOCIAL RECREATION REHABILITATION PROGRAM

- C** **Tuesday** **Central Memorial**
5:30-7:00pm **93 West Ave. S.**
- B** **Wednesday** **Ryerson Church**
5:30-7:00pm **842 Main Street. E.**
- C** **Thursday** **Central Memorial**
5:30-7:00pm **93 West Ave. S.**
- B** **Friday** **Ryerson Church**
5:30-7:00pm **842 Main Street. E.**
- X** **Canadian Mental Health Association**
131 John St. S
(905) 521-0090

*****Program time and location may vary. See calendar
for all time and/or location changes*****