





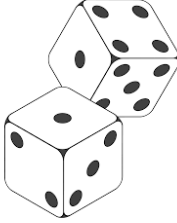















January 2023

Evening Social Recreation Rehabilitation Program

A program of the Canadian Mental Health Association



<p>Tuesday 5:30 – 7:30 P.M. Central Memorial Recreation Centre 93 West Ave South</p>	<p>Wednesday 5:30 – 7:30 P.M. Central Memorial Recreation Centre 93 West Ave South</p>	<p>Thursday 5:30 – 7:30 P.M. Central Memorial Recreation Centre 93 West Ave South</p>	<p>Friday 5:30 – 7:30 P.M. Pinky Lewis Recreation Centre 192 Wentworth Street North</p>
<p>3 MINDFULNESS COLOURING</p> 	<p>4 NEW YEARS RESOLUTIONS</p> 	<p>5 Pictionary</p> 	<p>6 NEW YEAR CRAFT</p> 
<p>10 JENGA</p> 	<p>11 WORD PUZZLES</p> 	<p>12 DICE GAME</p> 	<p>13 SKIP BO CHALLENGE</p> 
<p>17 BINGO</p> 	<p>18 5 SECOND RULE</p> 	<p>19 Popcorn Day</p> 	<p>20 NAME THAT TUNE</p> 
<p>24 Flashback Trivia</p> 	<p>25 Card Night</p> 	<p>26 BRAIN TEASERS</p> 	<p>27 Inspire your Heart with Art Day</p> 
<p>31 CREATE A WOOD BOX</p> 			

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

THE EVENING SOCIAL RECREATION REHABILITATION PROGRAM

- C** Tuesday Central Memorial Recreation Centre
5:30-7:30 pm 93 West Avenue South
- C** Wednesday Central Memorial Recreation Centre
5:30-7:30 pm 93 West Avenue South
- C** Thursday Central Memorial Recreation Centre
5:30-7:30 pm 93 West Avenue South
- B** Friday Pinky Lewis Recreation Centre
5:30-7:30 pm 192 Wentworth St. North
- X** Canadian Mental Health Association
131 John St. S
(905) 521-0090 Ext. 238

**** Times and locations may vary depending on program. See calendar for time and location changes. ****