

SUN	MON	TUE	WED	THU	FRI	SAT
 The RC is closed on Sundays and Mondays Please Note: All Groups Are Drop In 			1 <u>Digital Literacy</u> 10 - 12 pm <u>Brain Training</u> 1 - 2 pm 	2 <u>Healthy Lifestyles</u> 10:30 - 11:30 am <u>Pottery</u> 11:30 - 3:30 pm <u>Body Doubling Buddies</u> 1 - 3 pm	3 <u>Art group</u> 10 - 12 pm <u>Smudging with Janaie</u> 1 - 2 pm <u>Karaoke</u> 2 - 4 pm	4 <u>Movie day</u> 10 - 12:30 pm <u>Soundbath Meditation</u> 1 - 3 pm <u>Games Group</u> 2 - 4 pm
		7 <u>Art With Mike</u> 10 - 12 pm <u>Bingo</u> 1:30 - 2:30 pm	8 <u>Digital Literacy</u> 10 - 12 pm <u>Brain Training</u> 1 - 2 pm <u>*Outing*</u> 11 - 1 pm	9 <u>Healthy Lifestyles</u> 10:30 - 11:30 am <u>Pottery</u> 11:30 - 3:30 pm	10 <u>Art group</u> 10 - 12 pm <u>Smudging with Janaie</u> 1 - 2 pm <u>Karaoke</u> 2 - 4 pm	11 <u>Movie day</u> 10 - 12:30 pm <u>Soundbath Meditation</u> 1 - 3 pm <u>Games Group</u> 2 - 4 pm
		14 <u>Art With Mike</u> 10 - 12 pm <u>Bingo</u> 1:30 - 2:30 pm	15 <u>Digital Literacy</u> 10 - 12 pm <u>Brain Training</u> 1 - 2 pm <u>Team Meeting</u> Closing at 1 pm No Snack	16 <u>Healthy Lifestyles</u> 10:30 - 11:30 am <u>Pottery</u> 11:30 - 3:30 pm <u>Body Doubling Buddies</u> 1 - 3 pm	17 <u>Art group</u> 10 - 12 pm <u>Smudging with Janaie</u> 1 - 2 pm <u>Karaoke</u> 2 - 4 pm	18 <u>FIFA Bronze Finale</u> 10 am - Boardroom <u>Art with Iven - Stick Figure Drawing</u> 1 - 3 pm <u>Games Group</u> 2 - 4 pm
		21 <u>Fishing</u> 9am <u>Art With Mike</u> 10 - 12 pm <u>Bingo</u> 1:30 - 2:30 pm	22 <u>Hearing Clinic</u> 10 - 4 pm In Boardroom <u>Digital Literacy</u> 10 - 12 pm <u>Brain Training</u> 1 - 2 pm <u>*Outing*</u> 11 - 1 pm	23 <u>Healthy Lifestyles</u> 10:30 - 11:30 am <u>Pottery</u> 11:30 - 3:30 pm	24 <u>Art group</u> 10 - 12 pm <u>Smudging with Janaie</u> 1 - 2 pm <u>Karaoke</u> 2 - 4 pm	25 <u>Movie day</u> 10 - 12:30 pm <u>Soundbath Meditation</u> 1 - 3 pm <u>Games Group</u> 2 - 4 pm <u>Art Workshop</u> 11:30am - 3:30pm <u>Women's Drop In Group</u> 4:30 - 6:30 pm
		28 <u>Art With Mike</u> 10 - 12 pm <u>Bingo</u> 1:30 - 2:30 pm	29 <u>Digital Literacy</u> 10 - 12 pm <u>Brain Training</u> 1 - 2 pm <u>Members meeting</u> 3 pm	30 <u>Healthy Lifestyles</u> 10:30 - 11:30 am <u>Pottery</u> 11:30 - 3:30 pm <u>Body Doubling Buddies</u> 1 - 3 pm	31 <u>Art group</u> 10 - 12 pm <u>Smudging with Janaie</u> 1 - 2 pm <u>Karaoke</u> 2 - 4 pm	