

SUN	MON	TUE	WED	THU	FRI	SAT
 The RC is closed on Sundays and Mondays Please Note: All Groups Are Drop In 				1 <u>Healthy Lifestyles</u> 10:30 - 11:30 am <u>Pottery</u> 11:30 - 3:30 pm	2 <u>Art group</u> 11:30 - 1:30 pm <u>Karaoke</u> 2 - 4 pm <u>Smudging with Janaie</u> 3 - 4 pm	3 <u>Movie day</u> 10 - 12:30 pm <u>Soundbath Meditation</u> 1 - 3 pm <u>Games Group</u> 2 - 4 pm
		6 <u>Art With Mike</u> 10 - 12 pm <u>Bingo</u> 1:30 - 2:30 pm	7 <u>Digital Literacy</u> 10 - 12 pm <u>Brain Training</u> 1 - 2 pm	8 <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	9 <u>Art group</u> 11:30 - 1:30 pm <u>Karaoke</u> 2 - 4 pm <u>Smudging with Janaie</u> 3 - 4 pm	10 <u>Movie day</u> 10 - 12:30 pm <u>Soundbath Meditation</u> 1 - 3 pm <u>Games Group</u> 2 - 4 pm
		13 <u>Art With Mike</u> 10 - 12 pm <u>Bingo</u> 1:30 - 2:30 pm	14 <u>Digital Literacy</u> 10 - 12 pm <u>Brain Training</u> 1 - 2 pm *Outing* 11 - 1 pm Staff Meeting Closing at 2:30pm	15 <u>Healthy Lifestyles</u> 10:30 - 11:30 am <u>Pottery</u> 11:30 - 3:30 pm	16 <u>Art group</u> 11:30 - 1:30 pm <u>Karaoke</u> 2 - 4 pm <u>Smudging with Janaie</u> 3 - 4 pm	17 <u>Movie day</u> 10 - 12:30 pm <u>Soundbath Meditation</u> 1 - 3 pm <u>Games Group</u> 2 - 4 pm Women's Drop In Group 4:30 - 6:30 pm
		20 <u>Art With Mike</u> 10 - 12 pm <u>Bingo</u> 1:30 - 2:30 pm	21 <u>Digital Literacy</u> 10 - 12 pm <u>Brain Training</u> 1 - 2 pm No Snack Members Meeting 3 pm	22 <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	23 <u>Art group</u> 11:30 - 1:30 pm <u>Karaoke</u> 2 - 4 pm <u>Smudging with Janaie</u> 3 - 4	24 <u>Movie day</u> 10 - 12:30 pm <u>Soundbath Meditation</u> 1 - 3 pm <u>Games Group</u> 2 - 4 pm
		27 <u>Art with Mike</u> 10 - 12 pm <u>Bingo</u> 1:30 - 2:30 pm	28 <u>Digital Literacy</u> 10 - 12 pm <u>Brain Training</u> 1 - 2 pm *Outing* 11 - 1 pm	29 <u>Healthy Lifestyles</u> 10:30 - 11:30 am <u>Pottery</u> 11:30 - 3:30 pm	30 <u>Art group</u> 10 - 12 pm <u>Karaoke</u> 1 - 4 pm <u>Smudging with Janaie</u> 3 - 4 pm	31 <u>Movie day</u> 10 - 12:30 pm <u>Soundbath Meditation</u> 1 - 3 pm <u>Games Group</u> 2 - 4 pm Art Workshop 11:30am - 3:30pm 