









MAY 2022 "Connecting with Nature"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>SHORT STORY REFLECTION 10:00am - 12:00pm <i>Drop-In to follow Story</i></p> <p>WOMEN2WOMEN  1:00pm - 2:30pm <i>(Open Discussion)</i></p>	<p>3</p> <p>CLIENT MEETING  10:00am - 11:00am</p> <p>FAMILY & FRIENDS EVENT - VIRTUALLY</p> <p>PAINT BY NUMBER 11:00am - 12:00pm</p> <p>BULLDOGS VOLUNTEERING <i>Bulldogs Office—101 York Blvd</i> 1:30pm - 2:30pm *MUST RSVP with Group Staff* Meet staff at group for 1:00 to walk</p>	<p>4</p> <p>VIRTUAL GET MOVING 10:00am - 10:30am <i>(Seated Dance)</i></p> <p>VIRTUAL CLINIC WEDNESDAY 11:00am - 11:30am <i>PRESENTATION:</i> <i>Health & Safety Week</i> FAMILY & FRIENDS EVENT</p> <p>VIRTUAL TRIVIA 1:00pm - 2:00pm <i>(May Jeopardy)</i></p>	<p>5</p> <p>THEME THURSDAY <i>Cinco de Mayo Celebration</i> 10:00am - 12:00pm</p> <p>GET MOVING 1:00pm - 2:00pm</p> <p>DROP-IN 2:00pm - 3:00pm</p> <p>CASE COORDINATION with Jess 1:00pm - 3:00pm</p>	<p>6</p> <p>CREATIVE EXPRESSION <i>PROJECT: Art From Nature</i> 10:00am - 11:30am</p> <p>FUN FRIDAYS 1:00pm - 2:30pm Skip Bo</p> <p style="background-color: #e0ffff;">VIRTUAL FRIDAY NIGHT CINCO de MAYO 6:00pm—7:00pm</p>
<p>9</p> <p>SHORT STORY REFLECTION 10:00am - 12:00pm <i>Drop-In to follow Story</i></p> <p>WOMEN2WOMEN  1:00pm - 2:30pm <i>(Being Awesome)</i></p>	<p>10</p> <p>BRAIN WORK-OUT 10:00am - 11:00am</p> <p>PICTURE EXPRESSION 11:00am - 12:00pm</p> <p style="background-color: #ffff00;">BATTLEFIELD & ART in the PARK <i>(77 King St. W- Leave with Group at 1:00 to take the bus)</i> 1:30pm - 3:00pm <u>Walk & Art in the Gazebo</u></p>	<p>11</p> <p>VIRTUAL GET MOVING 10:00am - 10:30am <i>(Seated Yoga)</i></p> <p>VIRTUAL CLINIC WEDNESDAY 11:00am - 11:30am <i>NURSING:</i> <i>Canada's Food Guide</i> FAMILY & FRIENDS EVENT</p> <p>VIRTUAL CREATIVE EXPRESSIONS 1:00pm - 2:00pm <i>(Step-by-Step Drawing)</i></p>	<p>12</p> <p>THERAPEUTIC THURSDAY <i>Connect with Nature Discussion</i> 10:00am - 12:00pm</p> <p>GET MOVING 1:00pm - 2:00pm</p> <p>DROP-IN 2:00pm - 3:00pm</p> <p>CASE COORDINATION with Jess 1:00pm - 3:00pm</p>	<p>13</p> <p>CREATIVE EXPRESSION <i>PROJECT: Nature Ornaments</i> 10:00am - 11:30am</p> <p>FUN FRIDAYS 1:00pm - 2:30pm Gadget Guessing Game</p> <p style="background-color: #e0ffff;">VIRTUAL FRIDAY NIGHT Current Events Discussion 6:00pm—7:00pm</p>
<p>16</p> <p style="background-color: red; color: black; text-align: center; padding: 5px;">GROUP CLOSED FOR THE MORNING</p> <p>WOMEN2WOMEN 1:00pm - 2:30pm) <i>(Social Work Presentation with Jane: Emotional Regulation)</i></p>	<p>17</p> <p>BRAIN WORK-OUT 10:00am - 11:00am</p> <p>PUZZLE EXTRAVAGANZA 11:00am - 12:00pm</p> <p style="background-color: #ffff00;">BOWLING @ MOUNTAIN LANES <i>(335 Upper Wentworth—leave with group at 1:00 to take the bus)</i> 1:30pm - 2:30pm \$9.00 for bowling & Shoes</p>	<p>18</p> <p>VIRTUAL GET MOVING 10:00am - 10:30am <i>(Seated Dance)</i></p> <p>VIRTUAL CLINIC WEDNESDAY SOCIAL WORK: <i>Mental Health Awareness</i> FAMILY & FRIENDS EVENT</p> <p>SHORT STORY REFLECTION 1:00pm - 2:00pm</p>	<p>19</p> <p>THEME THURSDAY <i>Mini Plant Pots</i> 10:00am - 12:00pm</p> <p>GET MOVING 1:00pm - 2:00pm</p> <p>DROP-IN 2:00pm - 3:00pm</p> <p>CASE COORDINATION with Jess 1:00pm - 3:00pm</p>	<p>20</p> <p>CREATIVE EXPRESSION <i>PROJECT: Positivity Rocks</i> 10:00am - 11:30am</p> <p>FUN FRIDAYS 1:00pm - 2:30pm Community Walk with Rocks</p> <p style="background-color: #e0ffff;">VIRTUAL FRIDAY NIGHT BINGO Night—email for a card 6:00pm—7:00pm</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>23</p> <p>CLOSED FOR VICTORIA DAY</p> 	<p>24</p> <p>BRAIN WORK-OUT 10:00am - 11:00am</p> <p>NATURE MEDITATION 11:00am - 12:00pm</p> <p>MCQUESTEN PARK WALK (1199 Upper Wentworth—leave at 12:30 to take the bus) 1:30pm - 3:00pm <u>Walk & Games in the Park</u></p>	<p>25</p> <p>VIRTUAL GET MOVING 10:00am - 10:30am (Seated Yoga)</p> <p>VIRTUAL CHECK in & CHAT 11:00am - 11:30am</p> <p>VIRTUAL DOCUMENTARIES & DISCUSSION 1:00pm - 2:00pm (Natural Wonders of the World)</p>	<p>26</p> <p>THERAPUTIC THURSDAY Open Discussion 10:00am - 12:00pm</p> <p>GET MOVING 1:00pm - 2:00pm</p> <p>DROP-IN 2:00pm - 3:00pm</p> <p>CASE COORDINATION with Jess 1:00pm - 3:00pm</p>	<p>27</p> <p>CREATIVE EXPRESSION PROJECT: Pressed Flower Art 10:00am - 11:30am</p> <p>FUN FRIDAYS 1:00pm - 2:30pm Dice Bingo</p> <p>BRANTFORD GROUP 1:30pm - 2:30pm or 2:30pm - 3:30pm Theme: All Things Music Brantwood Community Services *MUST sign up to ATTEND*</p> <p>VIRTUAL FRIDAY NIGHT Nature Paint Night 6:00pm—7:00pm</p>
<p>30</p> <p>SHORT STORY REFLECTION 10:00am - 12:00pm Drop-In to follow Story</p> <p>WOMEN2WOMEN 1:00pm - 2:30pm (Let's Get Creative)</p> 	<p>31</p> <p>BRAIN WORK-OUT 10:00am - 11:00am</p> <p>MATCHING TOURNAMENT 11:00am - 12:00pm</p> <p>GAGE PARK WALK & SPORTS (1000 Main St. East—off Lawrence Rd. Parking Lot) 1:30pm - 3:00pm Leave from group at 1:00 to take the bus</p>	<p>Welcome Back to In-Person Programming!</p> <p>Wear Your Mask Stay Home if you are Sick Proof of Vaccination</p>   		

For Information, Contact a GROUP STAFF

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