

\*\*Please call the office (519) 371-2390 Kathy ext# 230 cell (519) 270-1630 or Angela ext# 233 cell (519) 270-1657 to **sign up** for a group.

	Monday July 20	Tuesday July 21	Wednesday July 22	Thursday July 23	Friday July 24
9AM – 10AM	Walk and talk	Walk and talk	Walk and talk	Walk and talk	Walk and talk
11AM-12PM	Bocce at the CMHA Labyrinth	Thank you cards for Canada Sews	Riddle me this!?! at the CMHA Labyrinth	Park chat hour at Alexander Park	Music Trivia at the CMHA Labyrinth
2PM-3PM	Park chat hour at Ryerson Park	Naloxone training at Charlie Kelly Park	Bocce ball at Jervis Bay Parkette	Sketching at the harbour	Walk at Harrison Park and Weavers Creek Falls