

GROUP SERVICES **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.

<p align="center">Monday July 27</p>	<p align="center">Tuesday July 28</p>	<p align="center">Wednesday July 29</p>	<p align="center">Thursday July 30</p>	<p align="center">Friday July 31</p>
<p align="center">Writing Prompts at the CMHA Labyrinth 11:00 – 12:00</p>	<p align="center">Colouring At Ryerson Park 11:00 – 12:00</p>	<p align="center">Bocce at the CMHA Labyrinth 11:00 – 12:00</p>	<p align="center">Chat At Charlie Kelly Park 11:00 – 12:00</p>	<p align="center">Chair Yoga at CMHA Labyrinth 11:00 – 11:30 or 11:45 – 12:15</p>
<p align="center">Walk to the Mill Dam (Meet outside at the Library) 2:00 – 3:00</p>	<p align="center">Washer Toss Game at Owen Heights (7th Ave East & 5th St East) 2:00 – 3:00</p>	<p align="center">Kelso Beach Water Memories 2:00 – 3:00</p>	<p align="center">Visit the Billy Bishop Museum Cost - \$3.00 2:00 – 3:00</p>	<p align="center">Talk about your Favourite Summer Recipes (Outside the Marine and Rail Museum) 2:00 – 3:00</p>
	<p align="center">Bike Ride along the Harbour meet at the office 2:00 – 3:00</p>		<p align="center">Evening Pickleball Outside at the office 5:00 – 6:00</p>	